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ABSTRACT

A relatively small number of preventable behaviors, such as drinking alcohol and driving, failing to wear seat belts, and engaging in unprotected intercourse, contribute greatly to morbidity and mortality among youth and young adults. An extensive survey of the risk behaviors of one state's youth is described here. A total of 1,538 responses from students in 57 public high schools were used for the study. Behavior was broken down into six categories: (1) behaviors that result in unintentional and intentional injuries, such as vehicle safety, weapons, fighting and suicide; (2) tobacco use, including cigarettes and smokeless tobacco; (3) alcohol and other drug use; (4) sexual behaviors and health-related outcomes, such as pregnancy; (5) dietary behavior, including an analysis of body weight and food choices; and (6) physical activity or student participation in sports and exercise. Advances in reducing students' risky behaviors are reported and areas that need to be improved are identified. The entire survey is appended in the back, along with statistics on how the questions were answered over a 3-year period so that trends can be discerned. (RJM)

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ED 409 519

1995 Nevada Youth Risk Behavior Survey

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1995 NEVADA YOUTH RISK BEHAVIOR SURVEY
ERRATA

Paragraph 9 on p. ii should read:

> ...the incidence of injuries requiring medical treatment among students who attempted suicide rose by a nonsignificant 9 percent.

Paragraph 2 on p. 3 should read:

> The overall response rate for the survey was 60 percent (.98 for schools x .61 for students)

Nevada Youth Risk Behavior Survey

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1995

NEVADA DEPARTMENT OF EDUCATION
YOUTH RISK BEHAVIOR SURVEY RESULTS

Executive Summary

In the spring of 1995, the Nevada Department of Education conducted its second statewide administration of the Youth Risk Behavior Survey (YRBS) as part of the United States Centers for Disease Control and Prevention (CDC) Youth Risk Surveillance System. The CDC uses this epidemiological surveillance system to measure the prevalence of priority health and safety behaviors that put youth at risk for significant health and social problems and to monitor progress toward achieving relevant national health objectives for the year 2000.

A total of 2,524 students in 57 public high schools were selected for participation in the 84-item, multiple choice YRBS. The school response rate was 98 percent, and the student response rate, based on 1,538 usable questionnaires received from the sampled students, was 61 percent. Survey administration procedures were designed to help protect the privacy and confidentiality of all participating students. Student participation was voluntary, and parent permission (active or passive) was obtained.

The data generated from the 1993 Nevada YRBS provided the first benchmark of the prevalence of certain risk behaviors practiced by Nevada adolescent youth. The 1995 YRBS results not only assess the current prevalence of these behaviors, they also provide a measure of the State's progress toward achieving relevant national health objectives for the year 2000. The students who participated in the survey are representative of students in Nevada. The results can be used to make important inferences concerning the health-risk behaviors of all Nevada public high school students in grades 9-12.

Goals Surpassed

The proportions of Nevada high school students reporting the following desired behaviors currently exceed the goals established in the national health objectives for the year 2000.

- Nearly 87 percent of students have received HIV/AIDs education in school. (85% goal)
- Approximately 56 percent of students exercise regularly to stretch, strengthen, or tone their muscles. (40% goal)
- Almost 41 percent of students walk or bicycle for at least 30 minutes on 3 or more days per week. (40% goal)

Progress Recorded

Significant progress has been made in reducing contemplated and attempted suicides and in increasing the proportion of students who eat green salads and vegetables, Progress is also apparent in the following areas:

- increased use of seat belts and motorcycle helmets;
- decreases in weapon-carrying and physical fighting; and
- a decrease in the use of chewing tobacco or snuff by males.

Other positive findings include:

- a decline in the percentage of students who have ever had sexual intercourse;
- greater use of birth control by sexually active students; and
- fewer pregnancies among high school students.

Areas for Improvement

Numerous areas in need of improvement were also apparent, however, primarily in the areas of tobacco, alcohol, and other drug use. Significant increases occurred in the proportion of students who drove after drinking alcohol and in student use of cigarettes, alcohol, marijuana, and cocaine.

Other areas in need of improvement included:

- use of bicycle helmets;
- riding in a car with a driver who had been drinking alcohol; and
- the eating of fatty foods.

The findings below and on the next two pages summarize Nevada students' responses to the 1995 Youth Risk Behavior Survey, offer comparisons with 1993 YRBS results, and identify both statewide strengths and areas of concern.

Behaviors that Result in Unintentional and Intentional Injuries

- Thirty-two percent of students always wore seat belts when riding in a car, a 2 percent improvement over 1993 results and a step closer to the 85 percent goal for the year 2000.

- The proportion of students who always wore a helmet when riding a motorcycle increased by 6 percent to 53 percent, but once again only 1 percent of bicyclists always wore protective head gear. Much improvement is still needed to reach the motorcycle and bicycle helmet use goals for the year 2000 of 80 percent and 50 percent, respectively.

- The percentage of students who reported that they drove a car when they had been drinking alcohol increased significantly to 14 percent, and the proportion who rode with a driver who had been drinking rose 5 percent to 37 percent.

- An 8 percent drop was apparent in the proportion of students who carried weapons in the past month, both in and out of school, indicating progress toward the year 2000 goal of reducing weapon-carrying by 20 percent.

- Approximately 41 percent of students were in a physical fight during the previous year, and about 19 percent fought on school property. These figures reflect declines of 3 percent and 5 percent, respectively, over 1993 and indicate progress toward reducing fighting by 20 percent by the year 2000.

- Twenty-three percent of students seriously considered attempting suicide during the past year, and 9 percent actually attempted suicide. These figures represent significant decreases of 15 percent and 19 percent, respectively, over 1993; however, the incidence of injuries requiring medical treatment among students who attempted suicide rose by a nonsignificant 6 percent despite the goal of reducing injurious suicide attempts by 15 percent.

Tobacco Use

- Significant increases were apparent in both lifetime and regular smoking among high school students (7% and 18%, respectively). Nearly three-fourths (73%) of students have tried smoking cigarettes, and more than 12 percent report regular or daily smoking.

- More than one out of every four students (29%) smoked a whole cigarette before age 13, a 2 percent increase over 1993 figures; however, the average age of first use of cigarettes actually increased by one-tenth of a year.

- Nearly two-thirds (63%) of students who bought cigarettes in a store during the 30 days prior to the survey were not asked to show proof of age, and 88 percent of these students who purchased their own cigarettes were under 18.

- During the 30 days preceding the survey, 11 percent of students (18% of males and 4% of females) used chewing tobacco or snuff. Since 1993, use by male students dropped 5 percent, indicating progress toward reducing use by males to no more than 4 percent by the year 2000; however, overall use increased by 3 percent.

Alcohol and Other Drug Use

- Eighty-three percent of high school students have had at least one full drink of alcohol during their lifetime, a significant increase of 7 percent over 1993 figures. Some 41 percent of students had their first full drink before the age of 13, nearly 10 percent more than in 1993.

- During the month preceding the survey, 51 percent of students had at least one drink of alcohol, 33 percent had five or more drinks in a row, and 7 percent drank alcohol on school property. All three of these figures reflect increases over 1993.

- Nearly half (48%) of high school students have used marijuana at least once in their life, and 26 percent used it during the month prior to the survey. These figures represent significant increases of 33 percent and 35 percent, respectively, over 1993. Eleven percent of students first tried marijuana before they were 13, and 9 percent have used it on school property during the past month.

- Among high school students, significant increases occurred both in lifetime use of cocaine and in use during the past month (50% and 25%, respectively). More than one in ten high school students (11.5%) have used some form of cocaine at least once during his or her life, and 5 percent report use in the past 30 days. Only 2.5 percent reported cocaine use before age 13; however, this figure has more than doubled since 1993.

- Twenty percent of high school students have used some type of illegal drug other than cocaine or marijuana at least once during their life, 26 percent have sniffed glue or inhaled other substances to get high, and 3.5 percent have taken steroid pills or shots without a doctor's prescription.

- More than a third (35%) of high school students were offered, sold, or given illegal drugs on school property at least once in the past year, a sixteen percent increase over 1993.

Sexual Behaviors and Health-Related Outcomes

- Eighty-seven percent of high school students have been taught about AIDS/HIV infection in school, a significant 6 percent increase over 1993 and a full 2 percent above the 85 percent goal set for the year 2000.

- Fifty-six percent of high school students have had sexual intercourse at least once in their life, a 3 percent decline from 1993. Ten percent of students report that they had sexual intercourse for the first time before the age of 13, and 40 percent had sexual intercourse in

the past three months. The proportion of sexually active youth who abstained from sexual activity during the past three months dropped 16 percent from 1993 levels, contrary to the year 2000 goal of increasing that proportion to 40 percent.

- Among students who have ever had sexual intercourse, only 15 percent indicated that neither they nor their partners used any method of birth control the last time they had sexual intercourse, a 12 percent improvement over 1993 and a move in the right direction toward the goal of 90 percent use of contraception. Eight percent of students reported that they have been pregnant or gotten someone pregnant. a 15 percent decline from 1993.

Dietary Behaviors

- More than half of high school students (56%) thought they were about the right weight, 27 percent believed they were overweight, and 17 percent felt they were underweight. Three times as many female students (60%) as male students (20%) were trying to lose weight.

- Exercising (52%) and dieting (29%) were far more common techniques for weight loss or maintenance than vomiting/taking laxatives and taking diet pills (5% each). Females were significantly more likely than males to use each of these four methods.

- On the day prior to the survey, 60 percent of high school students ate fruit, 35 percent ate a green salad, and 46 percent ate cooked vegetables. All of these figures reflect improvements over 1993, significant ones for green salad and cooked vegetables.

- Forty-six percent of high school students ate hamburgers, hot dogs, or sausage on the day before the survey; 58 percent ate french fries or potato chips; and 62 percent ate cookies, doughnuts, pie, or cake. Males were significantly more likely than females to have eaten each of these high-fat foods, and significant increases over 1993 were apparent for all three.

Physical Activity

- Seventy percent of high school students participated in at least 20 minutes of aerobic activity on three or more days during the week prior to the survey, 2 percent more than in 1993, but still slightly short of the 75 percent goal for the year 2000.

- On three or more days during the week preceding the survey, fifty-five percent of students did stretching exercises, and 57 percent did exercises to strengthen or tone their muscles. Increases were apparent in each type of exercise over 1993 levels, and the rate for each exceeds the 40 percent goal for the year 2000.

- Less than half of high school students (41%) either walked or bicycled for at least 30 minutes on three or more days during the week before the survey. Since 1993, the proportion of students who walk or bicycle regularly has dropped a significant 6 percent and now barely exceeds the 40 percent goal set for the year 2000.

- Sixty percent of high school students attended Physical Education classes (PE) at least 3 times in an average school week, and 47 percent went to PE daily. During their PE class, 49 percent of students exercised or played sports for more than 20 minutes. Both weekly PE attendance and active involvement during PE have increased since 1993; however, daily attendance has declined 2 percent, and rates of both daily PE and physical activity during PE still fall slightly short of the 50 percent goals set for the year 2000.

Introduction

In the spring of 1995, the Nevada Department of Education conducted its second statewide administration of the Youth Risk Behavior Survey (YRBS) as part of the United States Centers for Disease Control and Prevention (CDC) Youth Risk Surveillance System. The CDC uses this epidemiological surveillance system to measure the prevalence of six priority health-risk behaviors among youth and to monitor progress toward achieving relevant national health objectives for the year 2000.

YRBS Development

Development of the YRBS began in 1988 when the CDC examined the leading causes of morbidity and mortality among youth and adults. They found that for adolescents and young adults nearly 70 percent of all deaths and considerable acute and chronic morbidity stem from only four causes: motor vehicle crashes, other unintentional injuries, homicides, and suicides. In addition, significant morbidity and social problems result from the more than one million teenage girls who become pregnant each year, and significant morbidity results from the more than 10 million new cases of sexually transmitted diseases (STDs) that occur each year among people aged 15-29 and from the growing number of AIDS cases among adolescents that have made AIDS the sixth leading cause of death for youth aged 15-24.

This study suggested that a relatively small number of preventable behaviors, such as drinking alcohol and driving, failing to wear seat belts, and engaging in unprotected intercourse, contribute greatly to these causes of morbidity and mortality among youth and young adults. These behaviors are usually established during youth, continue into adulthood, and are often interrelated.

For persons in all age groups combined, more than 60 percent of all deaths and a tremendous amount of acute and chronic morbidity result from only three causes: heart disease, cancer, and stroke. Again, a limited number of behaviors, including tobacco use, unhealthy dietary patterns, and insufficient physical activity, contribute substantially to these three health problems. These behaviors, too, are often established during youth, extend into adulthood, and are interrelated.

Once the specific behaviors that contribute to the leading causes of death and disease were identified, the CDC categorized them into the following six risk areas:

- behaviors that result in unintentional or intentional injuries
- tobacco use
- alcohol and other drug use
- sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies
- dietary behaviors
- physical inactivity

YRBS questions were then designed to measure the prevalence of risk behaviors with highest priority within each category. The survey was developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers

for Disease Control and Prevention, in collaboration with representatives from 71 states and local departments of education and 19 other federal agencies. The original core questionnaire, completed in the fall of 1990, contained 75 multiple choice questions. The 1995 YRBS consisted of four demographic questions and 80 items related to the practice of behaviors associated with each of the six identified risk areas.

YRBS Administration

CDC began conducting national school-based surveys in the spring of 1990. During that same year, they began offering fiscal and technical assistance to states and the 16 local departments of education that had participated in survey development to enable them to conduct state and local school-based surveys. Both the national and the state and local school-based surveys will be conducted biennially during odd-numbered years throughout the decade.

The data generated from the 1993 Nevada YRBS provided the first benchmark of the prevalence of certain risk behaviors practiced by Nevada adolescent youth. The 1995 YRBS results not only assess the current prevalence of these behaviors, they also provide a measure of the State's progress toward achieving relevant national health objectives for the year 2000.

Survey Procedure

During the fall of 1994, information regarding Nevada's participation in the 1995 Youth Risk Behavior Survey was presented to the superintendents of Nevada's 17 school districts at their regular monthly meeting. In January 1995, a representative from the Nevada Department of Education contacted the superintendents of the 16 school districts which operate secondary schools to inform them that the sampling procedures for the February administration of the 1995 Nevada YRBS called for data to be collected from randomly sampled classes of students enrolled in grades 9 through 12 in all regular public schools in Nevada. The mailing included a survey fact sheet for their review and a copy of the survey. In addition, the Department offered assistance to superintendents who felt that the survey required board action.

Classes to be surveyed were randomly selected from enrollment lists of second period classes submitted by principals of all eligible schools. Preliminary packets of information for schools included a copy of the YRBS for parent preview, a sample parent permission/notification letter for printing on the school's letterhead (active or passive, as determined by the individual district), and a permission slip roster. Once classes were selected, each school received final instructions and an individual envelope for each participating classroom containing YRBS booklets, a script for administering the survey, and tracking and assurance of confidentiality forms.

On a site-determined date between February 7 and February 28, 1995, surveys were administered during second-period classes to students who had been granted permission. Survey booklets, along with required documentation, were returned to the Nevada Department of Education upon completion.

Teachers administering the survey to students were provided with detailed written instructions to ensure uniform survey administration across sites. Survey administration procedures were designed to help protect the privacy and confidentiality of all participating students. Student participation was voluntary. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time. The protocols used in the YRBS ensured that participating schools did not violate any federal laws protecting students' rights and privacy.

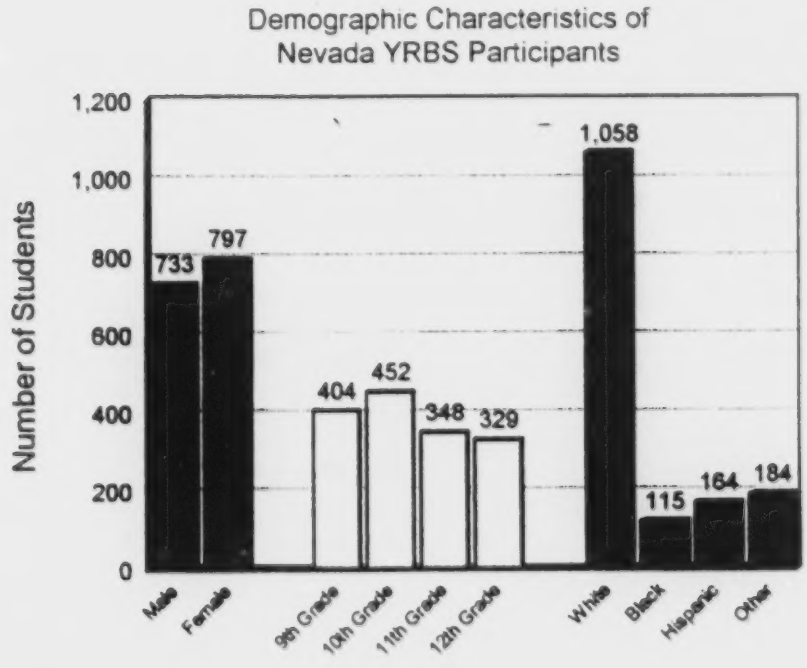
Sample Description

All regular public schools containing grades 9, 10, 11, or 12 were included in the sample. All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey.

A total of 2,524 students in 57 public high schools in Nevada were selected for participation in the survey. The school response rate, which is computed using school counts that are weighted by the total number of students represented by each sampled school, was 98 percent. Usable questionnaires were received from 1,538 of the sampled students, resulting in a student response rate of 61 percent. The overall response rate for the survey was 60 percent (.98 for schools x .60 for students).

Each questionnaire was weighted to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. The weighted results can be used to make important inferences concerning the health-risk behaviors of all Nevada public high school students in grades 9 through 12.

Demographic characteristics of the 1,538 students from whom usable data were obtained are summarized below. Response to individual survey items measuring the prevalence of the identified health-risk behaviors appears on the pages that follow.



Highlights of Nevada YRBS Findings

Positive vs. Negative Health Behaviors

Percentage of participants who:

Always wore a seatbelt when riding in a car
Yes 32% 68% No
Always wore a helmet when riding a motorcycle*
Yes 53% 47% No
Drove when they had been drinking during past 30 days
No 86% 14% Yes
Carried a weapon during the past 30 days
No 78% 22% Yes
Carried a weapon on school property during the past 30 days
No 89% 11% Yes
Were in a physical fight during the past 12 months
No 59% 41% Yes
Were in a physical fight on school property during the past 12 months
No 81% 19% Yes
Thought seriously about attempting suicide in the past 12 months
No 77% 23% Yes
Actually attempted suicide during the past 12 months
No 91% 9% Yes
Ever tried cigarette smoking
No 27% 73% Yes
Ever drank alcohol
No 17% 83% Yes
Ever used marijuana
No 52% 48% Yes
Ever used cocaine
No 88% 12% Yes
Ever used inhalants
No 74% 26% Yes
Were offered, sold, or given an illegal drug on school property during past year
No 65% 35% Yes
Were taught about AIDS/HIV in school
Yes 87% 13% No
Talked about AIDS/HIV infection with their parents
Yes 68% 32% No
Ever had sexual intercourse
No 44% 56% Yes
Participated in 20 minutes of aerobic activities on 3 or more of the past 7 days
Yes 70% 30% No
Attended PE class at least once a week
Yes 60% 40% No
Negative
Positive

* Of students who rode a motorcycle

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Behaviors That Result in Injuries

YRBS

BEHAVIORS THAT RESULT IN UNINTENTIONAL AND INTENTIONAL INJURIES

Automobile, Motorcycle, and Bicycle Safety

Unintentional injuries are the leading cause of death among 12- to 14-year-olds,[1] yet many unintentional injuries are preventable. Seat belt use, for example, is estimated to reduce motor vehicle fatalities by 40 to 50 percent and serious injuries by 45 to 55 percent.[2] Similarly, motorcycle and bicycle helmets are effective in reducing head injury, the leading cause of death in motorcycle and bicycle crashes.[3]

Motor vehicle crash injuries, approximately half of which involve alcohol[4], rank as the leading cause of death among youth aged 15-24[5]. Alcohol-related traffic crashes also cause serious injury and permanent disability and are the leading cause of spinal cord injury among adolescents and young adults.[6]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

9.12 Increase use of occupant protection systems, such as safety belts, inflatable safety restraints, and child safety seats, to at least 85 percent of motor vehicle occupants.

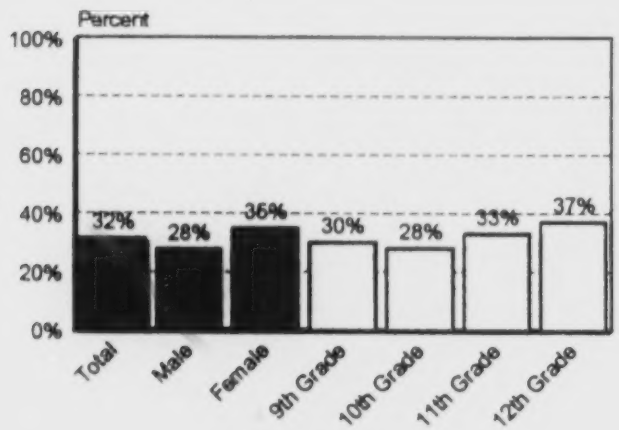
9.13 Increase use of helmets to at least 80 percent of motorcyclists and at least 50 percent of bicyclists.

9.3b Reduce deaths caused by motor vehicle crashes to no more than 33 per 100,00 youth aged 15-24.*

4.1b Reduce deaths caused by alcohol-related motor vehicle crashes to no more than 18 per 100,000 people aged 15-24.*

Response to survey items 5-11, which measure the frequency with which students engage in behaviors related to unintentional injuries, is summarized below.

Q5 Percentage of students who always wore a seat belt when nding in a car driven by someone else.



Approximately 32 percent of Nevada high school students reported that they always wore a seat belt when riding in a car driven by someone else. Significantly more females (35%) than males (28%) always wore a seat belt. Thirty percent of ninth graders, 28 percent of tenth graders, 33 percent of eleventh graders, and 37 percent of twelfth graders always wore a seat belt. The percentage of female students who always wore seat belts increased by 6 percent since the 1993 administration of the survey, while the percentage of males who always wore seat belts remained the same. Overall, the percentage of students who always wore a seat belt increased by 2 percent since 1993, but it still falls far short of the 85 percent goal set for the year 2000.

*Not directly measured by a YRBS question

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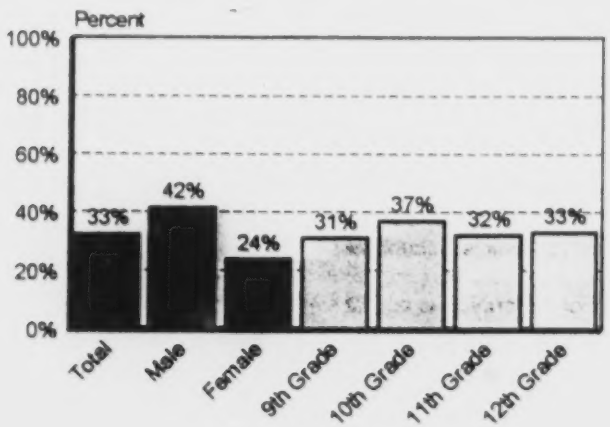
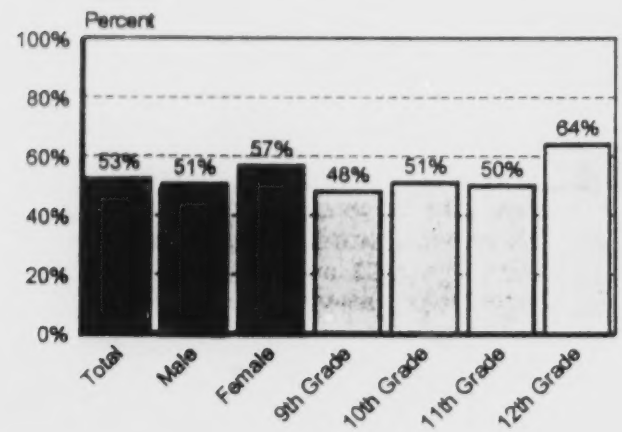
Q6 Percentage of students who rode a motorcycle one or more times during the past 12 months.



Thirty-three percent of Nevada high school students rode a motorcycle at least once during the 12 months prior to the survey. Significantly more males (42%) than females (24%) rode a motorcycle during the preceding year. Thirty-one percent of ninth graders, 37 percent of tenth graders, 32 percent of eleventh graders, and 33 percent of twelfth graders rode a motorcycle during the past year. Since the 1993 survey, the overall percentage of students who rode a motorcycle increased by 2 percent. The percentage of males who rode a motorcycle dropped 4.5 percent, while the percentage of females rose 14 percent.

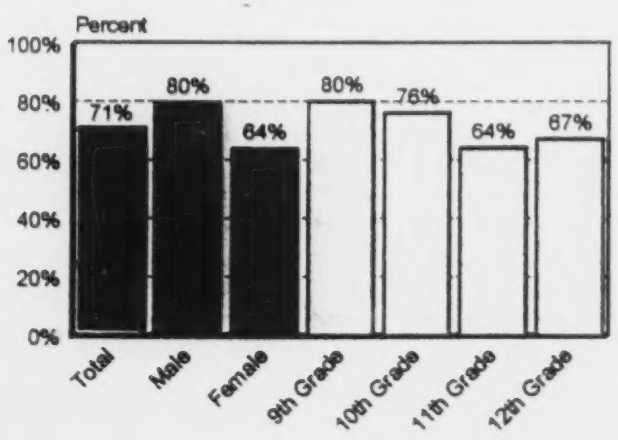
Q7 Percentage of students who rode a motorcycle during the past 12 months and always wore a helmet.*



Among participating students who rode a motorcycle at least once in the year preceding the survey, 53 percent reported that they always wore a helmet. Just over half of males (51%) and 57 percent of females always wore a helmet when they rode a motorcycle. Among students who rode a motorcycle in the year prior to the survey, 48 percent of ninth graders, 51 percent of tenth graders, 50 percent of eleventh graders, and 64 percent of twelfth graders always wore a helmet. Since 1993, helmet use was up for both females and males, resulting in an overall increase of 6 percent; however, considerable progress is still needed to reach the 80 percent goal established for the year 2000.

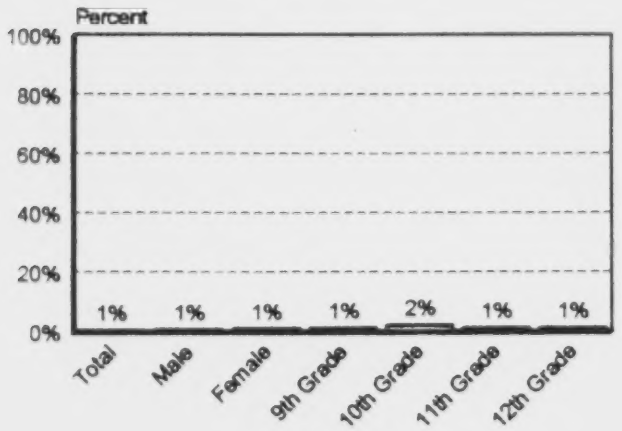
*Of respondents who rode a motorcycle in the past year

Q8 Percentage of students who rode a bicycle one or more times during the past 12 months.



Four-fifths of males (80%) and almost two-thirds of females (64%) rode a bicycle during the year preceding the survey. Eighty percent of ninth graders, 76 percent of tenth graders, 64 percent of eleventh graders, and 67 percent of twelfth graders reported riding a bike. Since the 1993 survey, the percentage of males who rode bikes rose 1 percent, and the percentage of females dropped 1.5 percent, resulting in an overall decrease of less than 1 percent.

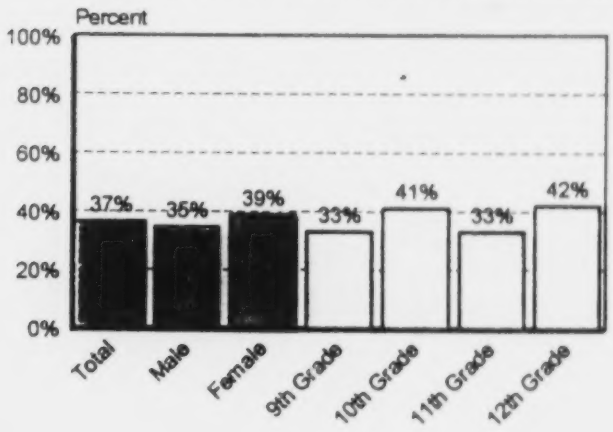
Q9 Percentage of students who rode a bicycle during the past 12 months and always wore a helmet.*



Only 1 percent of high school students who rode a bicycle in the year preceding the survey always wore a helmet. Regular use of bicycle helmets was slightly more prevalent among females (1.4%) than among males (1.2%). One percent of ninth graders, 2 percent of tenth graders, 1 percent of eleventh graders, and 1 percent of twelfth graders reported that they always wore a helmet when riding a bicycle. No appreciable change was apparent in helmet use since 1993; therefore, much progress is needed to meet the desired goal of 50 percent of bicyclists wearing helmets by the year 2000.

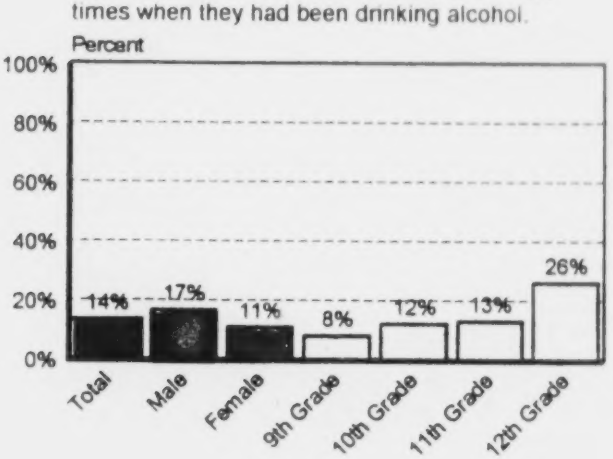
*Of respondents who rode a bicycle during the past 12 months

Q10 Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



During the 30 days prior to the survey, 37 percent of Nevada high school students rode in a car or other vehicle with a driver who had been drinking alcohol. More females (39%) than males (35%) rode at least once in a car driven by someone who had been drinking. In the past month, thirty-three percent of ninth graders, 41 percent of tenth graders, 33 percent of eleventh graders, and 42 percent of twelfth graders rode in a vehicle whose driver had been drinking alcohol. Overall, the percentage of students who rode in a car in the 30 days preceding the survey with a driver who had been drinking alcohol increased by 5 percent since the 1993 survey.

Q11 Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.



Fourteen percent of Nevada high school students drove a car or other vehicle when they had been drinking alcohol during the 30 days preceding the survey. Significantly more males (17%) than females (11%) drove a car when they had been drinking alcohol. Eight percent of ninth graders, 12 percent of tenth graders, 13 percent of eleventh graders, and 26 percent of twelfth graders drove a car when they had been drinking alcohol in the month before the survey. Twelfth graders were significantly more likely to have driven a car when they had been drinking as students in the other three grades. Since the 1993 survey, there was a significant increase (15%) in the percentage of students reporting that they drove a car when they had been drinking.

Weapons, Victimization, and Fighting

Approximately 9 out of 10 homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club. Homicide is the second leading cause of death among all youth aged 15-24 and the leading cause of death among black youth in the same age group.[5] During adolescence, homicide rates increase 15 times, from a negligible rate of 0.9 per 100,000 at age 10 to 13.9 per 100,000 by age 20.[7] Nonfatal violence, i.e., fighting, often precedes fatal violence among young persons.[8] The immediate accessibility of a firearm or other lethal weapon often is the factor that turns a violent altercation into a lethal event.[9,10] Unintentional firearm-related fatalities also are a critical problem among children and young adults in the United States.[11]

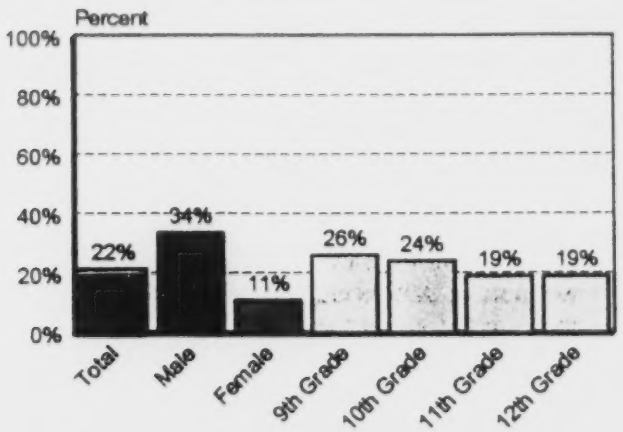
RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

7.10 Reduce by 20 percent the incidence of weapon carrying by adolescents aged 14-17.

7.9 Reduce by 20 percent the incidence of physical fighting among adolescents aged 14-17.

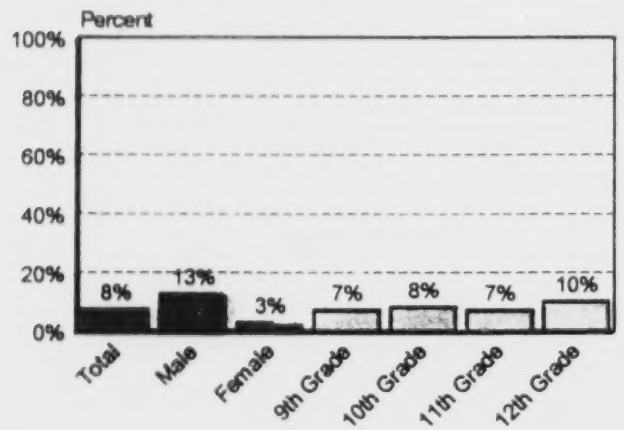
Response to survey items 12-21, which measure the frequency with which Nevada students engage in violence-related behaviors or are the victims of violence, is displayed below.

Q12 Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days.



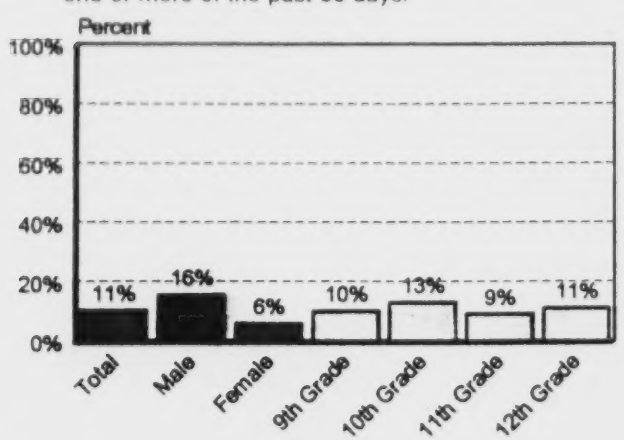
Twenty-two percent of Nevada high school students carried a weapon such as a gun, knife, or club during the 30 days prior to the survey. Three times as many males (34%) as females (11%) carried a weapon. Twenty-six percent of ninth graders, 24 percent of tenth graders, and 19 percent each of eleventh graders and twelfth graders carried a weapon in the month preceding the survey. Overall, the percentage of students carrying weapons dropped 8 percent from 1993. Weapon carrying by males was down significantly (13%), while 10 percent more females reported carrying weapons.

Q13 Percentage of students who carried a gun on one or more of the past 30 days.



Eight percent of Nevada high school students carried a gun during the 30 days prior to the survey. Four times as many males (13%) as females (3%) carried a gun; however, the percentage of males who carried a gun was down 19 percent since 1993, while the percentage of females who carried a gun was up 50 percent. Seven percent of ninth graders, 8 percent of tenth graders, 7 percent of eleventh graders, and 10 percent of twelfth graders carried a gun in the month prior to the survey. Almost a third (32%) of the students who carried a gun carried it on 6 or more days in the month before the survey.

Q14 Percentage of students who carried a weapon such as a gun, knife or club on school property on one or more of the past 30 days.



Eleven percent of Nevada high school students carried a weapon on school property during the month prior to the survey. More than twice as many males (16%) as females (6%) carried a weapon on school property. Since 1993, the percentage of males carrying weapons on school property has dropped 11 percent, while the percentage of females remained the same. This resulted in an overall decrease of 8 percent. Ten percent of ninth graders, 13 percent of tenth graders, 9 percent of eleventh graders, and 11 percent of twelfth graders carried weapons on school property. Among the students who carried a weapon at school during the month prior to the survey, 45 percent carried one on 6 or more days.

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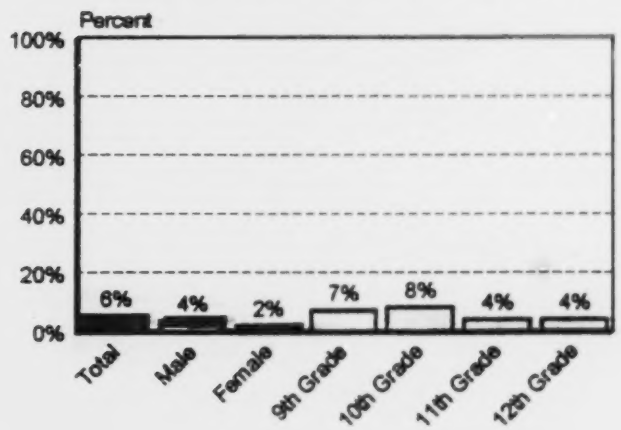
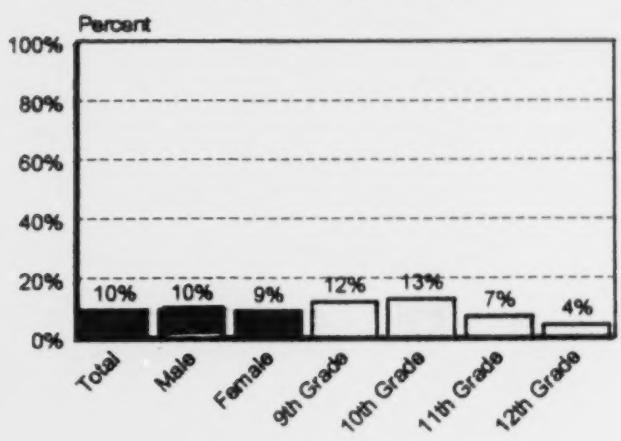
Q15 Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school



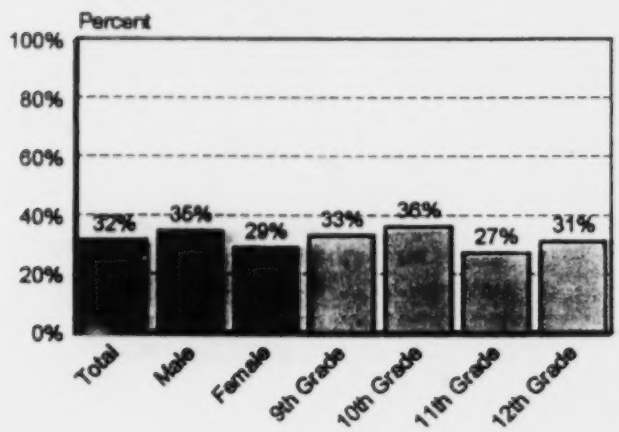
Six percent of Nevada high school students stayed home from school at least once during the month preceding the survey because they felt they would be unsafe at school or on the way to or from school. While there was no difference in the percentage of males and females reporting that they had stayed home, significantly more males (4%) than females (2%) reported staying home two or more times. Seven percent of ninth graders, 8 percent of tenth graders, and 4 percent each of eleventh and twelfth graders reported staying home because they felt they would be unsafe. Since 1993, the percentage of students who stayed home from school because of safety concerns decreased by a significant 25 percent.

Q16 Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months



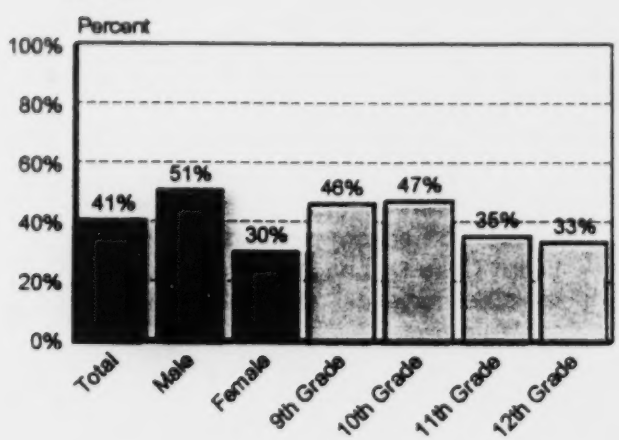
Ten percent of Nevada high school students were threatened or injured with a weapon at school in the preceding year. Males (10%) were slightly more likely to report having been threatened or injured with a weapon than females (9%). Twelve percent of ninth graders, 13 percent of tenth graders, 7 percent of eleventh graders, and 4 percent of twelfth graders were threatened or injured with a weapon on school property during the prior year. There was no appreciable change from the 1993 survey.

Q17 Percentage of students who had property stolen or deliberately damaged on school property one or more times during the past 12 months.



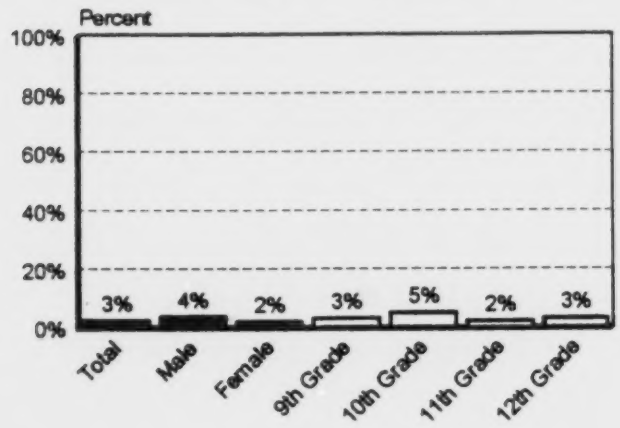
Almost a third (32%) of Nevada high school students had their property stolen or damaged on school property during the year preceding the survey. Males were more likely to have had their property stolen or damaged (35%) than females (29%). Thirty-three percent of ninth graders, 36 percent of tenth graders, 27 percent of eleventh graders, and 31 percent of twelfth graders had their property stolen or damaged at school. Overall, the percentage of students reporting that their property had been stolen or damaged at school decreased approximately 4 percent since 1993. The percentage of students reporting 6 or more incidents of theft or vandalism remained at 3 percent.

Q18 Percentage of students who were in a physical fight one or more times during the past 12 months.



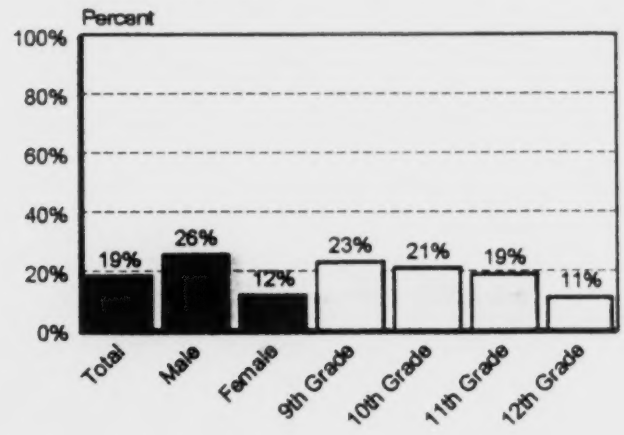
Approximately 41 percent of Nevada high school students were in a physical fight at least once during the prior 12 months. More than half (51%) of male students and nearly a third (30%) of female students were in a physical fight in the past year. Males were more than twice as likely to have been in 12 or more fights (5.1%) as females (2.4%). Forty-six percent of ninth graders, 47 percent of tenth graders, 35 percent of eleventh graders, and 33 percent of twelfth graders were in at least one physical fight. Since 1993, the incidence of physical fighting has been reduced by 3 percent.

Q19 Percentage of students who were injured in a physical fight during the past 12 months and had to be treated by a doctor or nurse one or more times.



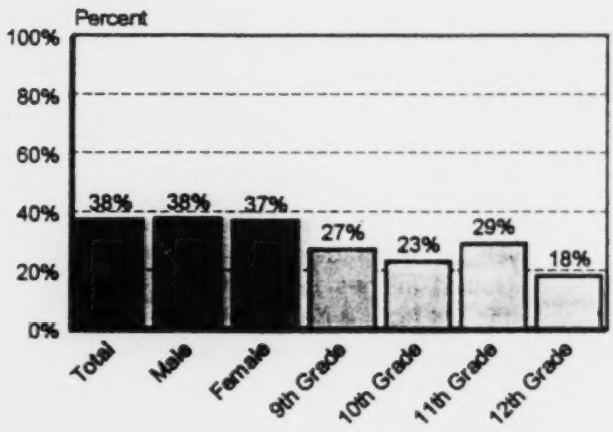
Three percent of Nevada high school students were injured at least once in a physical fight in the year prior to the survey and had to be treated by a doctor or nurse. Males were twice as likely (4%) to be injured as females (2%). Three percent of ninth grade students, 5 percent of tenth graders, 2 percent of eleventh graders, and 3 percent of twelfth graders sought medical care for a fight-related injury. Among students at all grade levels, twelfth grade males were the most likely to report injuries from a fight that required treatment from a doctor or nurse (7%), while twelfth grade females were least likely (0%).

Q20 Percentage of students who were in a physical fight on school property one or more times during the past 12 months.



Approximately 19 percent of Nevada high school students were in a physical fight on school property at least once during the year prior to the survey. Significantly more males (26%) than females (12%) reported fighting on school property. Twenty-three percent of ninth graders, 21 percent of tenth graders, 19 percent of eleventh graders, and 11 percent of twelfth graders fought on school property in the preceding year. Since 1993, the incidence of physical fighting on school property decreased by 5 percent.

Q21 Percentage of students who fought with a friend or someone they knew the last time they were in a physical fight.



Among those students who reported fighting, more than a third (38%) fought with a friend or someone they knew the last time they were in a physical fight. This was true for both males (38%) and females (37%). The next most common choice was "a total stranger" for males (24%) and "a parent, brother, sister, or other family member" for females (28%). Grade level had little effect on the individuals with whom students fought; however, twelfth grade students were least likely to report having been in a physical fight.

Suicide

Nationally, suicide is the third leading cause of death among youth aged 15-24 and the second leading cause of death among white males in that age group.[5] Since 1950, the suicide rate for persons aged 15-24 has tripled.[12] Attempted suicide is also considered a lethal health event, for it is a proven risk factor for future completed suicide and a potential indicator of other health problems such as substance abuse and depression.[13]

Nevada's suicide rate for youth aged 15-19 ranged from 15.4 to 22.1 per 100,000 during the eleven-year period from 1981 to 1991. In any given year, the state's suicide rate for this age group was between 1.5 and 2.4 times the national rate, leading to consistent annual ranking among the top ten states with the highest rates of teen suicide[14]. The rate of attempted suicide by Nevada teens also is twice the national average.[15]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

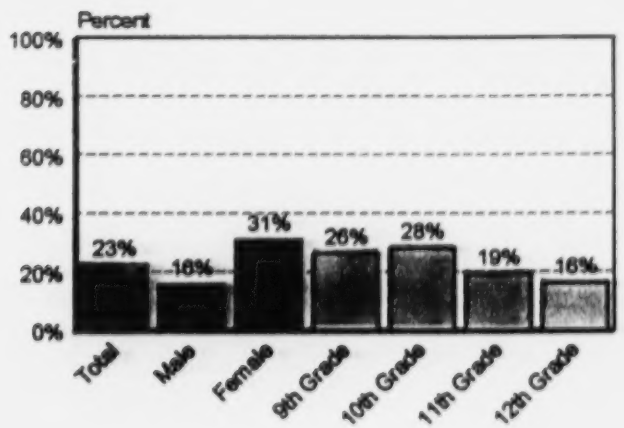
6.2 & 7.8 Reduce by 15 percent the incidence of injurious suicide attempts among adolescents aged 14-17.

6.1a & 7.2a Reduce suicides to no more than 8.2 per 100,000 youth aged 15-19.*

*Not directly measured by a YRBS question

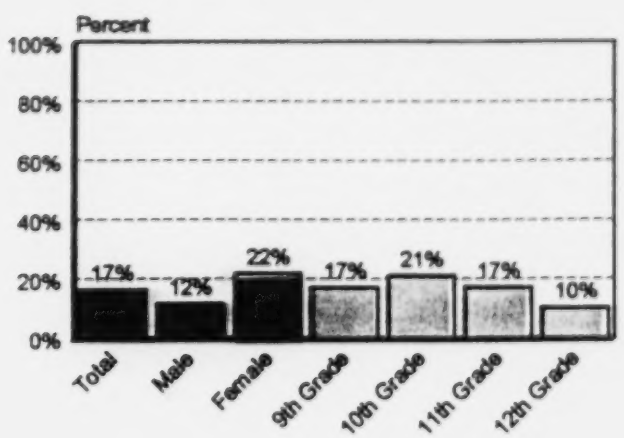
Response to survey items 22-25, which measure attempted suicide and the seriousness of these attempts, is summarized below.

Q22 Percentage of students who seriously considered attempting suicide during the past 12 months.



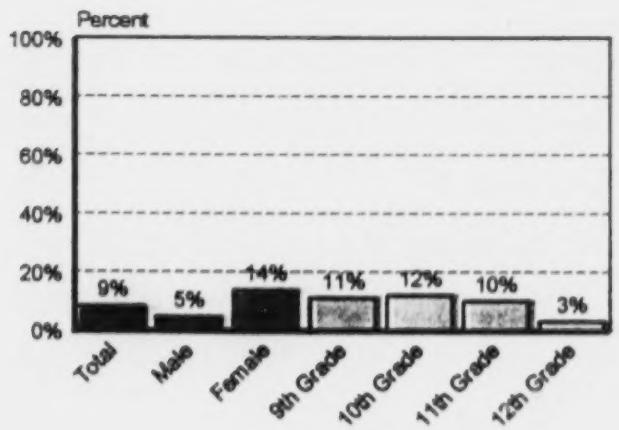
Twenty-three percent of Nevada high school students seriously considered attempting suicide during the year prior to the survey. Significantly more females (31%) than males (16%) considered attempting suicide; however, the percentage of females who contemplated suicide decreased steadily with grade level from 38 percent at grade nine to 19 percent at grade 12. For males and females combined, 26 percent of ninth graders, 28 percent of tenth graders, 19 percent of eleventh graders, and 16 percent of twelfth graders seriously considered attempting suicide in the past year. Overall, this year's results reflect a significant reduction (15%) in the percentage of students who seriously considered attempting suicide.

Q23 Percentage of students who made a plan about how they would attempt suicide.



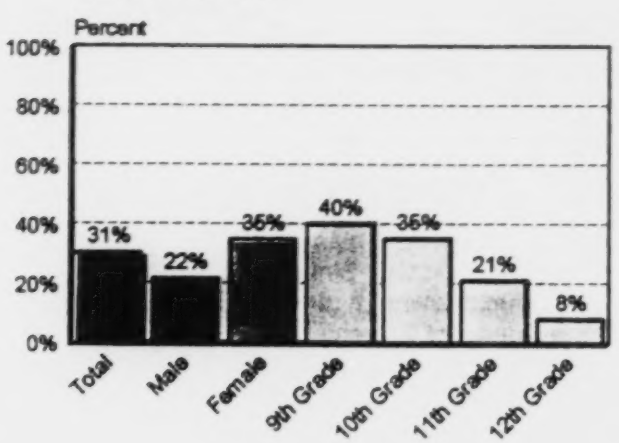
During the year prior to the YRBS, 17 percent of Nevada high school students made a plan about how they would attempt suicide. Significantly more females (22%) than males (12%) reported making this sort of plan. Seventeen percent of ninth graders, 21 percent of tenth graders, 17 percent of eleventh graders, and 10 percent of twelfth graders made a plan about how they would attempt suicide. Since 1993, the percentage of students who made a suicide plan dropped a significant 21 percent.

Q24 Percentage of students who actually attempted suicide during the past 12 months.



Approximately 9 percent of Nevada high school students actually attempted suicide one or more times during the year prior to the survey. This percentage reflected a 19 percent decrease over the 1993 survey when 12 percent of students had attempted suicide. Almost three times as many females (14%) as males (5%) attempted suicide. Eleven percent of ninth graders, 12 percent of tenth graders, 10 percent of eleventh graders, and 3 percent of twelfth graders actually attempted suicide. Females were most likely to attempt suicide in grade nine (17%), while males were most vulnerable in grade ten (7%).

Q25 Percentage of students who attempted suicide during the past 12 months and had to be treated by a doctor or nurse.*



Among students who attempted suicide during the year preceding the survey, almost a third (31%) required treatment by a doctor or nurse. More females (35%) than males (22%) required medical treatment. Forty percent of ninth graders, 35 percent of tenth graders, 21 percent of eleventh graders, and 8 percent of twelfth graders who attempted suicide required medical treatment. Overall, the incidence of injuries requiring medical treatment among students who attempted suicide increased by 9 percent since 1993.

*Of respondents who attempted suicide during the past year

TOBACCO USE

Cigarette Smoking

Tobacco use is considered the chief preventable cause of death in the United States,[16,17] accounting for more than one of every five deaths.[18] Smoking is associated with heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. If 29 percent of the 70 million children now living in the United States smoke cigarettes as adults, then at least 5 million of them will die of smoking-related diseases.[17] In addition, smoking is related to poor academic performance and the use of alcohol and other drugs.[19]

Nationally, over one million teenagers begin smoking each year.[12] In Nevada, an unwelcome reversal of a downward trend in adolescent smoking has been apparent since 1991. Significant increases in cigarette smoking have occurred at grades eight and ten, and by grade twelve, 14 percent of students smoke every day .[20]

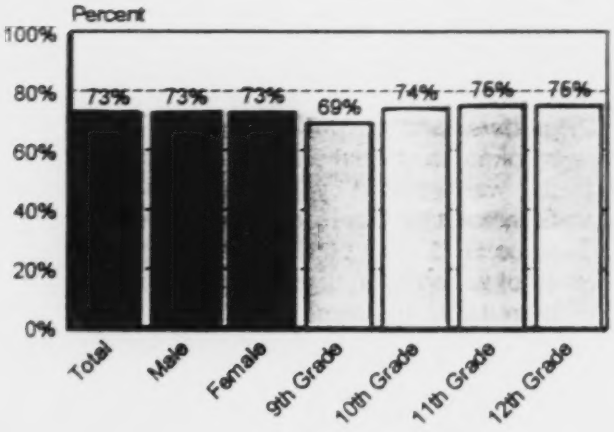
RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15 percent have become regular cigarette smokers by age 20.

4.5 Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12-17.

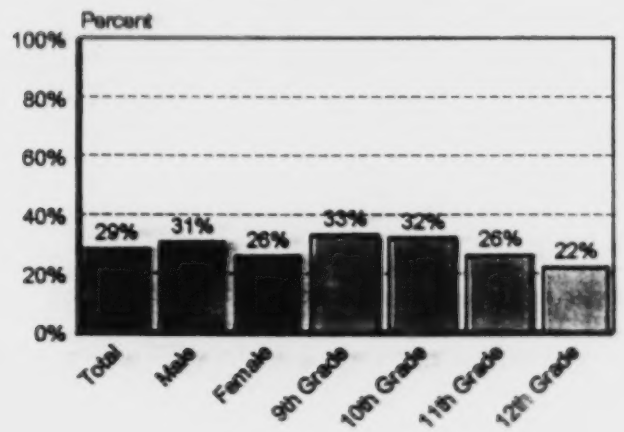
Response to survey items 26-33, which measure smoking experimentation, current smoking patterns, age of initiation, and attempts to quit smoking cigarettes, is summarized below.

Q26 Percentage of students who ever tried cigarette smoking, even one puff.



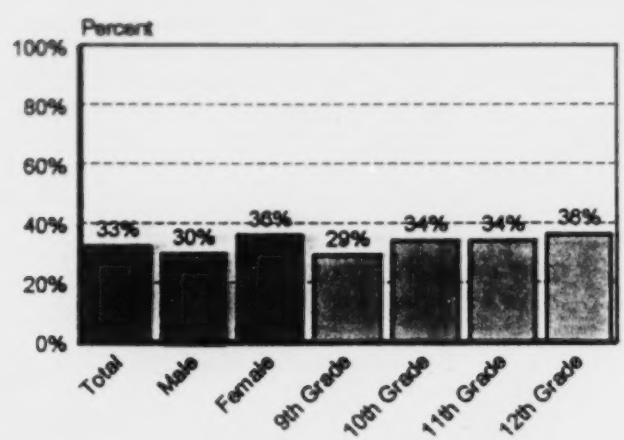
Seventy-three percent of Nevada high school students have tried smoking cigarettes. Slightly more females (73.2%) than males (72.7%) have tried cigarettes. Sixty-nine percent of ninth graders, 74 percent of tenth graders, and 75 percent each of eleventh graders and twelfth graders have tried cigarette smoking. Since the 1993 survey, there has been a significant increase of 7 percent in the percentage of students who have ever tried smoking cigarettes.

Q27 Percentage of students who smoked a whole cigarette for the first time before age 13.



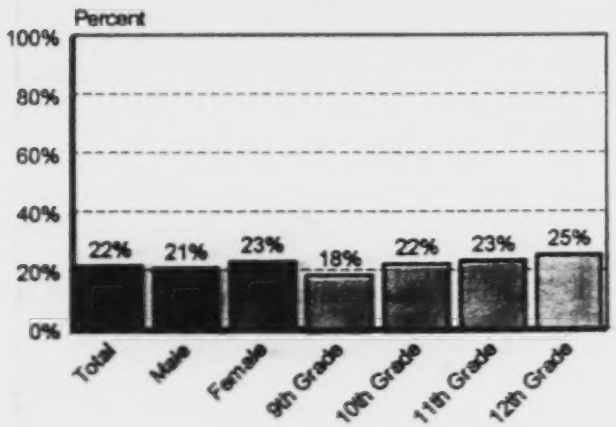
Twenty-nine percent of Nevada high school students (31% of males and 26% of females) smoked a whole cigarette for the first time before age 13. Thirty-three percent of ninth graders, 32 percent of tenth graders, 26 percent of eleventh graders, and 22 percent of twelfth graders reported they smoked a whole cigarette before the age of 13. The percentage of students who smoked a whole cigarette before the age of 13 climbed nearly 2 percent since 1993; however, the average age of first use of cigarettes did increase by one-tenth of a year.

Q28 Percentage of students who smoked cigarettes on one or more of the past 30 days.



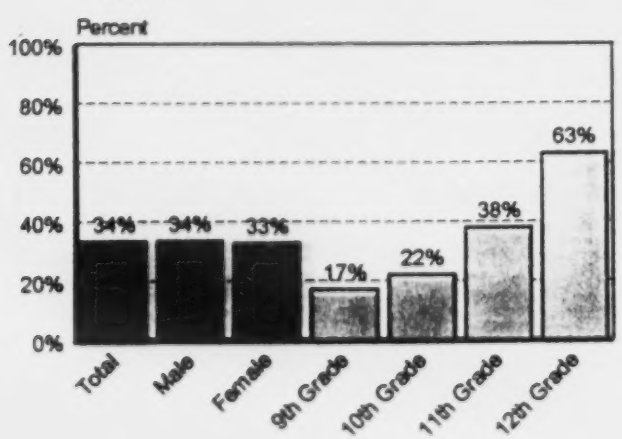
A third (33%) of Nevada high school students smoked cigarettes on one or more of the 30 days preceding the survey. More female students (36%) than male students (30%) reported cigarette smoking in the past month. Twenty-nine percent of ninth graders, 34 percent each of tenth graders and eleventh graders, and 36 percent of twelfth graders smoked on at least one day. Regular or daily use was reported by 12 percent of students. Significant increases in smoking are apparent since 1993. The percentage of students who smoked on one or more days in the past month rose 10 percent, while regular smoking increased more than 18 percent.

Q29 Percentage of students who smoked 2 or more cigarettes per day on the days they smoked.



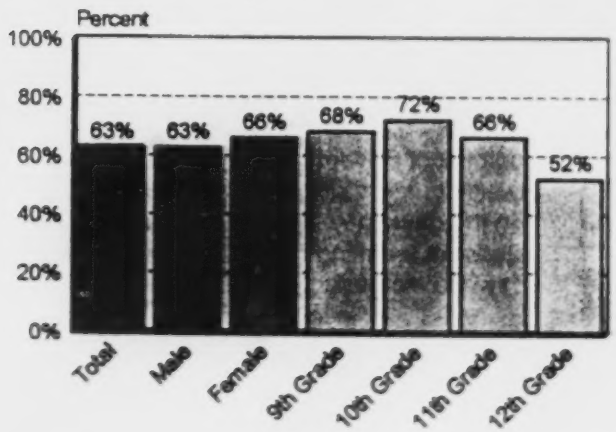
Twenty-two percent of Nevada students smoked two or more cigarettes on the days they smoked. Twenty-three percent of females and 21 percent of males smoked two or more cigarettes per day. Eighteen percent of ninth graders, 22 percent of tenth graders, 23 percent of eleventh graders, and 25 percent of twelfth graders smoked two or more cigarettes on the days they smoked. The percentage of students smoking two or more cigarettes per day has increased by 6 percent since 1993.

Q30 Of students who smoked during the 30 days prior to the survey, the percentage who usually got their own cigarettes by buying them in a store.



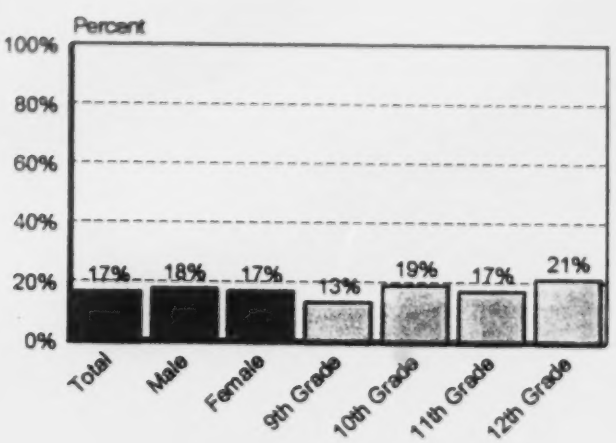
More than a third (34%) of students who smoked during the 30 days prior to the survey usually got their cigarettes by purchasing them in a store such as a convenience store, supermarket, or gas station. Slightly more male students (34%) than female students (33%) usually bought their own cigarettes in a store. Of students who smoked in the past 30 days, 17 percent of ninth graders, 22 percent of tenth graders, 38 percent of eleventh graders, and 63 percent of twelfth graders usually got their own cigarettes by buying them in a store. Seven out of every ten students who usually bought their own cigarettes in a store were under the age of 18.

Q31 Percentage of students who bought cigarettes in a store in the past 30 days and were not asked to show proof of age.



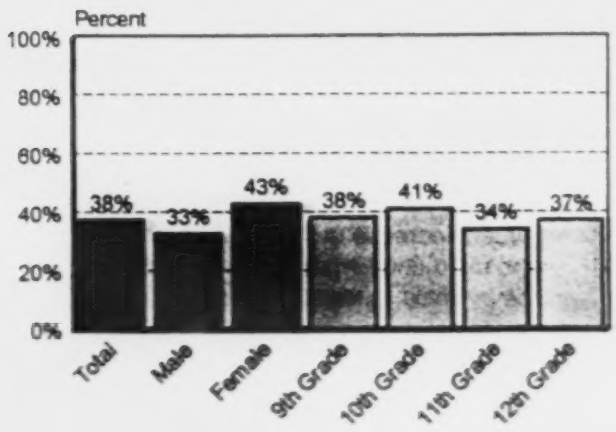
Sixty-three percent of Nevada students who bought cigarettes in a store during the 30 days preceding the survey were not asked to show proof of age. More female students (66%) than male students (63%) were not asked for proof of age. Of students who bought cigarettes in a store during the past 30 days, 68 percent of ninth graders, 72 percent of tenth graders, 66 percent of eleventh graders, and 52 percent of twelfth graders were not asked to show proof of age. Eighty-eight percent of the students who bought cigarettes without being asked to show proof of age were under 18.

Q32 Percentage of students who smoked cigarettes on school property on one ore more of the past 30 days.



During the 30 days prior to the survey, 17 percent of Nevada students smoked cigarettes on school property. Eighteen percent of male students and 17 percent of female students smoked on school property. Thirteen percent of ninth graders, 19 percent of tenth graders, 17 percent of eleventh graders, and 21 percent of twelfth graders smoked on school property on at least one of the preceding 30 days. The percentage of students who smoked on school property has increased by 15 percent since 1993.

Q33 Percentage of students who ever tried to quit smoking cigarettes.



Thirty-eight percent of Nevada students have tried to quit smoking cigarettes. Significantly more females (43%) than males (33%) have tried to quit. Thirty-eight percent of ninth graders, 41 percent of tenth graders, 34 percent of eleventh graders, and 37 percent of twelfth graders have tried to quit smoking.

Smokeless Tobacco

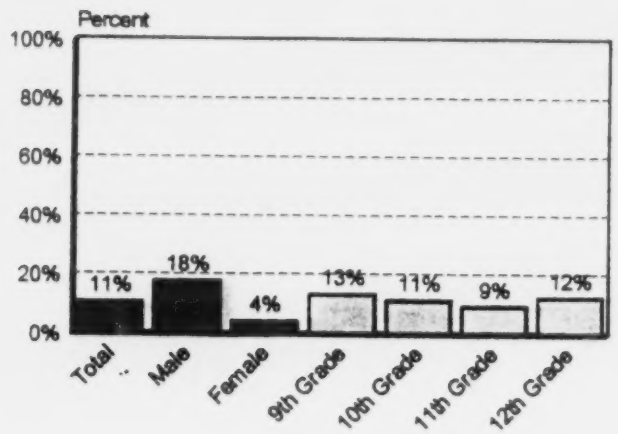
Oral cancer occurs more frequently among smokeless tobacco users than nonusers and may be 50 times as frequent among long-term snuff users.[21] Male adolescent smokeless tobacco users are significantly more likely to use cigarettes, marijuana, or alcohol than nonusers. Additionally, smokeless tobacco use by adolescents is associated with early indicators of periodontal degeneration, discoloration of teeth and fillings, and nicotine dependence as well as various forms of oral cancer.[18]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

3.9 Reduce smokeless tobacco use by males aged 12-24 to a prevalence of no more than 4 percent.

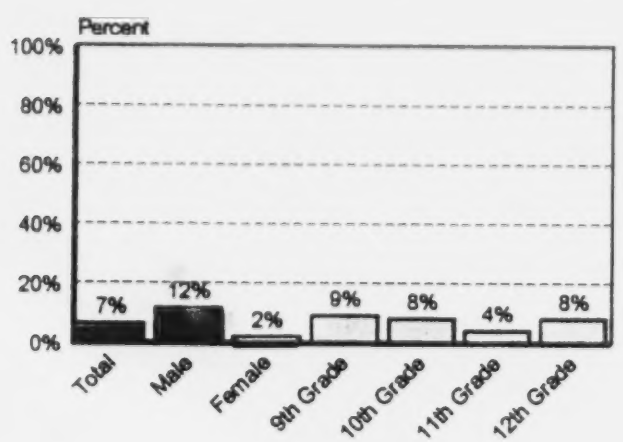
Response to survey items 34 and 35, which measure smokeless tobacco use, is summarized on the following page.

Q34 Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.



During the 30 days prior to the survey, 11 percent of Nevada high school students used chewing tobacco such as Redman, Levi Garrett, or Beechnut or snuff such as Skoal, Skoal Bandits, or Copenhagen. Significantly more males (18%) than females (4%) used chewing tobacco or snuff. Thirteen percent of ninth graders, 11 percent of tenth graders, 9 percent of eleventh graders, and 12 percent of twelfth graders used smokeless tobacco in the past month. Since 1993, there was a 3 percent increase in the percentage of students who used chewing tobacco or snuff; however, use by male students dropped 5 percent.

Q35 Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days.



Seven percent of Nevada students used chewing tobacco or snuff on school property during the 30 days prior to the survey. Significantly more males (12%) than females (2%) used chewing tobacco or snuff at school. Nine percent of ninth graders, 8 percent of tenth graders, 4 percent of eleventh graders, and 8 percent of twelfth graders used chewing tobacco or snuff on school property. Since 1993, the percentage of students who used smokeless tobacco at school declined 3 percent.

ALCOHOL AND OTHER DRUG USE

Alcohol

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among young people.[4] Heavy drinking among youth has been linked conclusively to physical fights, destroyed property, academic and job problems, and trouble with law enforcement authorities.[1]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

4.5 Reduce by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12-17.

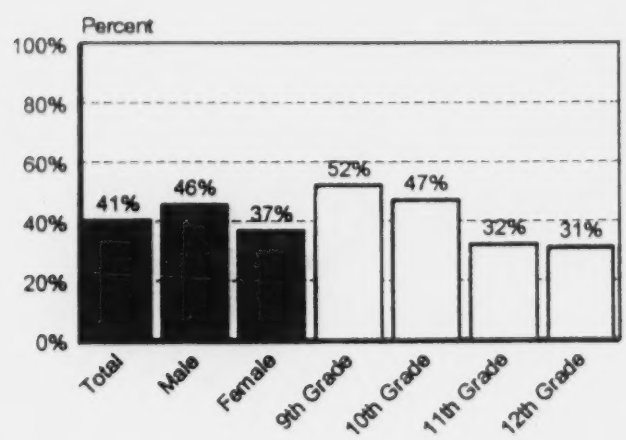
4.6 Reduce the proportion of young people who have used alcohol in the past month to 12.6 percent of youth aged 12-17 and 29.0 percent of youth aged 18-20.

4.7 Reduce the proportion of high school seniors and college students engaging in recent occasions of heavy drinking of alcoholic beverages to no more than 28 percent of high school seniors and 32 percent of college students.

4.8 Reduce alcohol consumption by people aged 14 and older to an average of no more than 2 gallons of ethanol per person.*

Response to survey items 36-40, which measure the frequency of alcohol use, age of initiation of drinking, and heavy drinking, is summarized below.

Q36 Percentage of students who had their first drink of alcohol other than a few sips before age 13.



Forty-one percent of Nevada high school students had their first full drink of alcohol before the age of 13. Significantly more male students (46%) than female students (37%) had their first drink before they were 13. Fifty-two percent of ninth graders, 47 percent of tenth graders, 32 percent of eleventh graders, and 31 percent of twelfth graders had their first drink of alcohol prior to age 13. Since the 1993 survey, the percentage of students who had their first full drink before age 13 increased by 10 percent.

*Not directly measured by a YRBS question.

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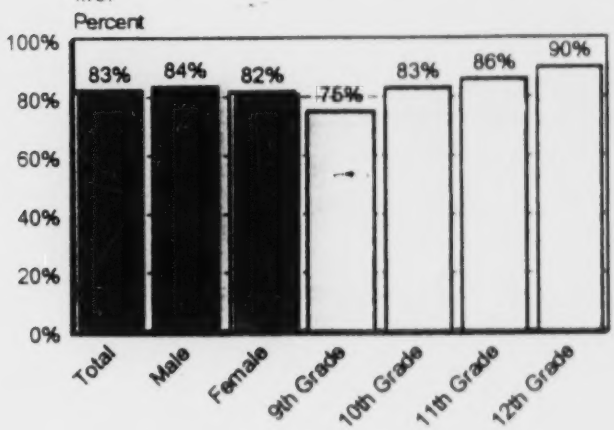
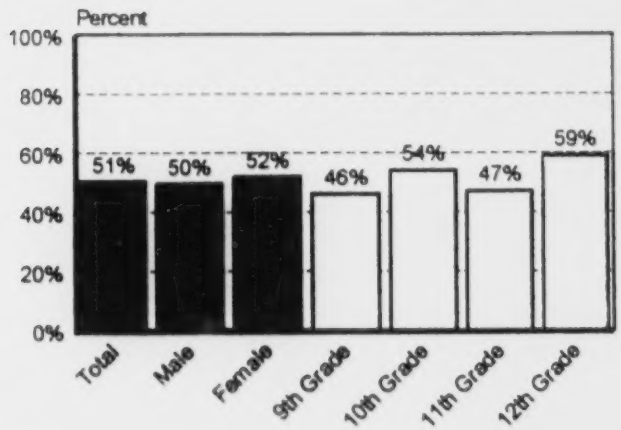
Q37 Percentage of students who had at least one drink of alcohol on one or more days during their life.



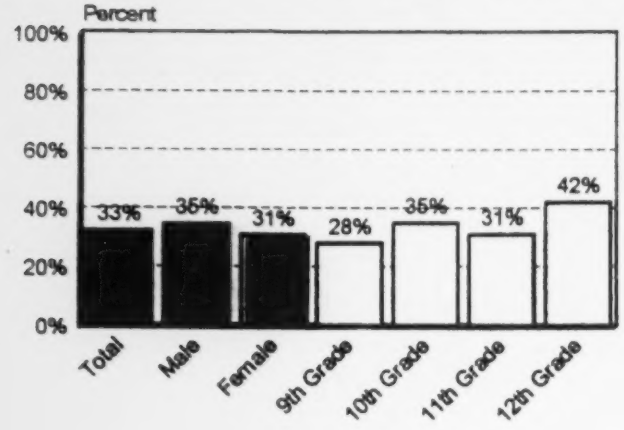
Eighty-three percent of Nevada high school students have had at least one full drink of alcohol during their lifetime. Slightly more male students (84%) than female students (82%) have had an alcoholic drink. Seventy-five percent of ninth graders, 83 percent of tenth graders, 86 percent of eleventh graders, and 90 percent of twelfth graders drank alcohol at least once. Since 1993, there has been a 7 percent increase in the percentage of students who report lifetime drinking.

Q38 Percentage of students who had at least one drink on one or more of the past 30 days.



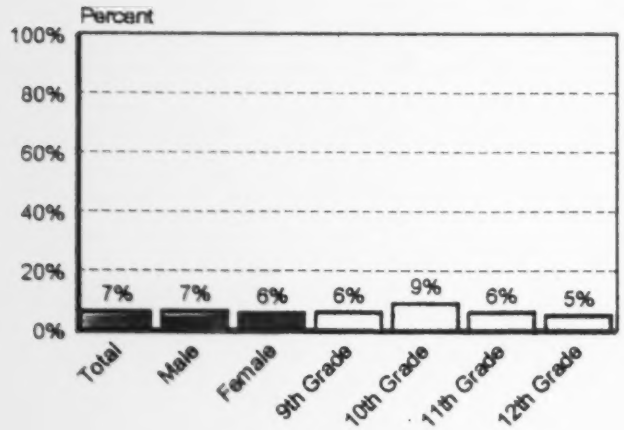
During the month preceding the survey, 51 percent of Nevada high school students had at least one drink of alcohol. Fifty percent of male students and 52 percent of female students had at least one drink during the past month. Forty-six percent of ninth graders, 54 percent of tenth graders, 47 percent of eleventh graders, and 59 percent of twelfth graders drank during the previous month. The percentage of students who had at least one drink during the past 30 days increased by 3 percent since 1993.

Q39 Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.



A third of Nevada high school students had five or more drinks in a row during the month prior to the survey. More males (35%) than females (31%) drank five or more drinks within a couple of hours on one or more of the past 30 days. Twenty-eight percent of ninth graders, 35 percent of tenth graders, 31 percent of eleventh graders, and 42 percent of twelfth graders drank five or more drinks in a row. Since the 1993 survey, the percentage of students who had five or more drinks in a row during the month preceding the survey increased by 4 percent.

Q40 Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



During the 30 days prior to the survey, 7 percent of Nevada high school students had at least one drink of alcohol on school property. Slightly more male students (7.4%) than female students (5.7%) drank alcohol on school property during the past month. Six percent of ninth graders, 9 percent of tenth graders, 6 percent of eleventh graders, and 5 percent of twelfth graders had at least one drink on school property during the 30 days preceding the survey. Five percent more students reported drinking on school property during the month preceding this year's survey than was the case in 1993.

Marijuana, Cocaine, and Other Drugs

Drug abuse is related to morbidity and mortality due to injury as well as to early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STD) including human immunodeficiency virus (HIV) infection.[22] Despite improvements in recent years, illicit drug use is greater among high school students and other young adults in the United States than has been documented in any other industrialized nation of the world.[23]

Drug use among Nevada teens has typically mirrored patterns seen across the nation. Increasing use of marijuana, inhalants, hallucinogens, and stimulants surfaced in 1993 after a stable period of low use.[20]

RELATED HEALTH OBJECTIVES FOR THE YEAR 2000:

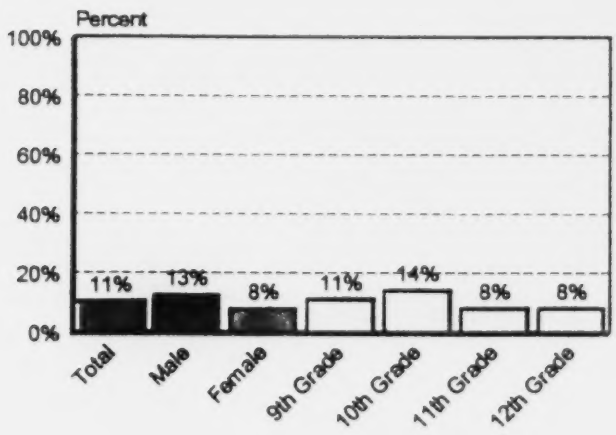
4.5 Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12-17.

4.6 Reduce the proportion of young people who have used marijuana and cocaine as follows: for marijuana, 3.2 percent of youth aged 12-17 and 7.8 percent of youth aged 18-25; for cocaine, 0.6 percent of youth aged 12-17 and 2.3 percent of youth aged 18-25.

4.11 Reduce to no more than 3 percent the proportion of male high school seniors who use anabolic steroids.

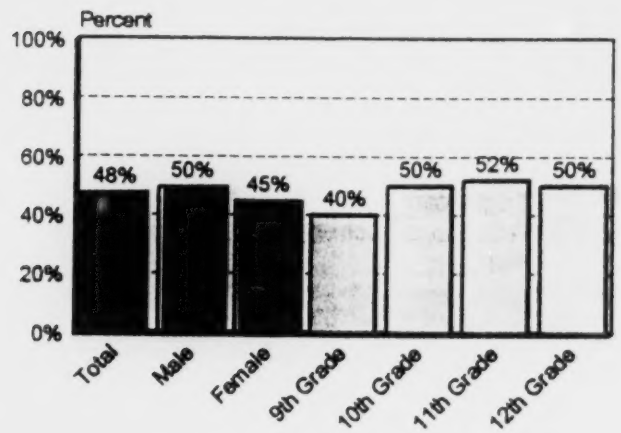
Response to items 41-53, which measure the frequency and age of initiation of marijuana and cocaine use; lifetime use of crack cocaine, inhalants, steroids, other illegal drugs and injected drugs; and the prevalence of drug sales on school property, is summarized below.

Q41 Percentage of students who tried marijuana for the first time before age 13.



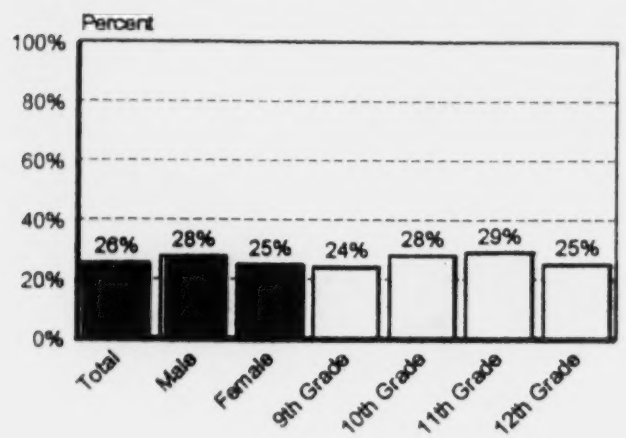
Eleven percent of Nevada students tried marijuana prior to the age of 13. Significantly more male students (13%) than female students (8%) tried marijuana before they were 13. Eleven percent of ninth graders, 14 percent of tenth graders, and 8 percent each of eleventh graders and twelfth graders first tried marijuana before the age of 13. Since 1993, there was a 17 percent increase in the percentage of students who had tried marijuana before age 13.

Q42 Percentage of students who used marijuana one or more times during their life.



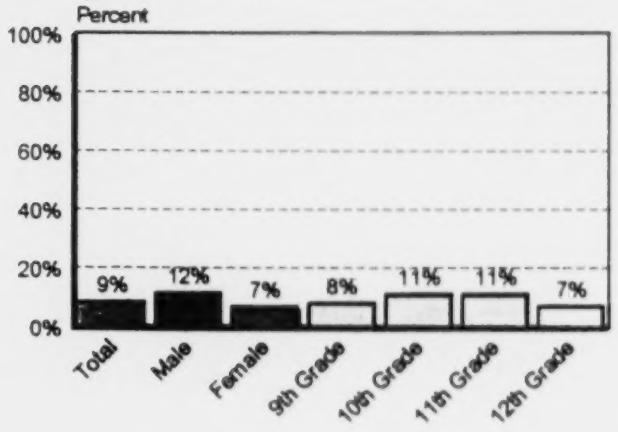
Nearly half (48%) of Nevada high school students have used marijuana at least once in their life. Fifty percent of male students and 45 percent of female students have used marijuana. Forty percent of ninth graders, 50 percent of tenth graders, 52 percent of eleventh graders, and 50 percent of twelfth graders used marijuana one or more times. The percentage of students reporting lifetime use of marijuana increased by a significant 33 percent since 1993.

Q43 Percentage of students who used marijuana one or more times during the past 30 days.



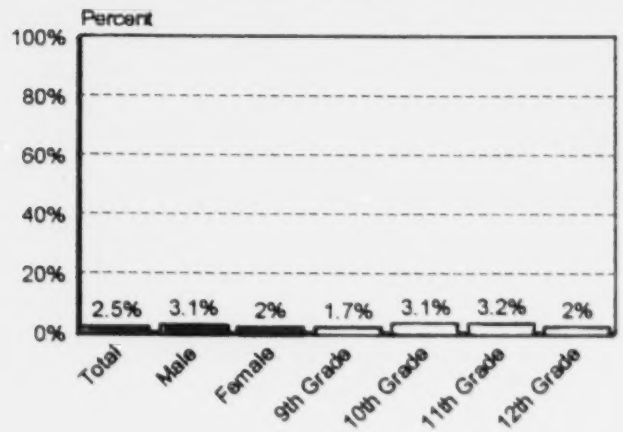
During the 30 days preceding the survey, 26 percent of Nevada high school students used marijuana one or more times. Twenty-eight percent of male students and 25 percent of female students used marijuana at least once. Twenty-four percent of ninth graders, 28 percent of tenth graders, 29 percent of eleventh graders, and 25 percent of twelfth graders used marijuana one or more times in the past month. Since 1993, the percentage of students reporting marijuana use in the past thirty days rose a whopping 35 percent.

Q44 Percentage of students who used marijuana on school property one or more times during the past 30 days.



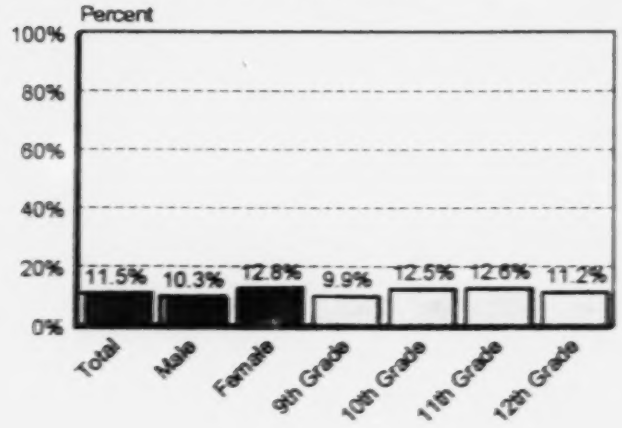
During the 30 days prior to the survey, 9 percent of Nevada high school students used marijuana on school property. Significantly more males (12%) than females (7%) used marijuana at school during the past month. Eight percent of ninth graders, 11 percent each of tenth graders and eleventh graders, and 7 percent of twelfth graders used marijuana on school property. There was a 21 percent increase in students using marijuana on school property since the 1993 survey.

Q45 Percentage of students who tried any form of cocaine, including powder, crack, or freebase, for the first time before the age of 13.



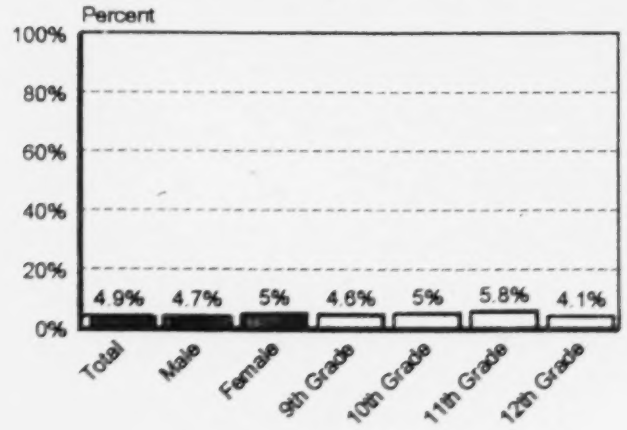
Overall, 2.5 percent of Nevada high school students tried some form of cocaine before the age of 13. More males (3.1%) than females (2.0%) tried cocaine before they were 13. By grade level, 1.7 percent of ninth graders, 3.1 percent of tenth graders, 3.2 percent of eleventh graders, and 2 percent of twelfth graders tried cocaine before the age of 13. The percentage of students who first tried cocaine before they were 13 has doubled since 1993, reflecting a significant increase.

Q46 Percentage of students who used any form of cocaine, including powder, crack, or freebase, one or more times during their life.



More than one out of every ten Nevada high school students (11.5%) has used some form of cocaine at least once during his or her lifetime. More female students (12.8%) than male students (10.3%) have used cocaine. Nearly a tenth of ninth graders (9.9%), 12.5 percent of tenth graders, 12.6 percent of eleventh graders, and 11.2 percent of twelfth graders have used some form of cocaine at least once. Lifetime use of cocaine among Nevada high school students has increased by a significant 50 percent since 1993.

Q47 Percentage of students who used any form of cocaine, including powder, crack, or freebase, one or more times during the past 30 days.



During the 30 days prior to the survey, 4.9 percent of Nevada high school students used some form of cocaine. Slightly more female students (5.0%) than male students (4.7%) used cocaine in the past 30 days. By grade level, 4.6 percent of ninth graders, 5 percent of tenth graders, 5.8 percent of eleventh graders, and 4.1 percent of twelfth graders used cocaine in the past month. Since the 1993 survey, the percentage of students reporting cocaine use in the past 30 days has increased by 25 percent.

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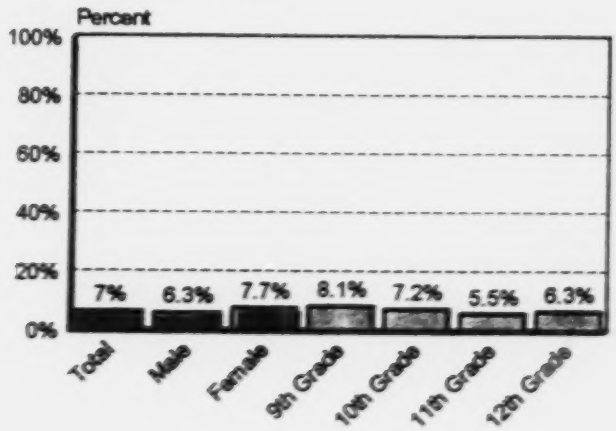
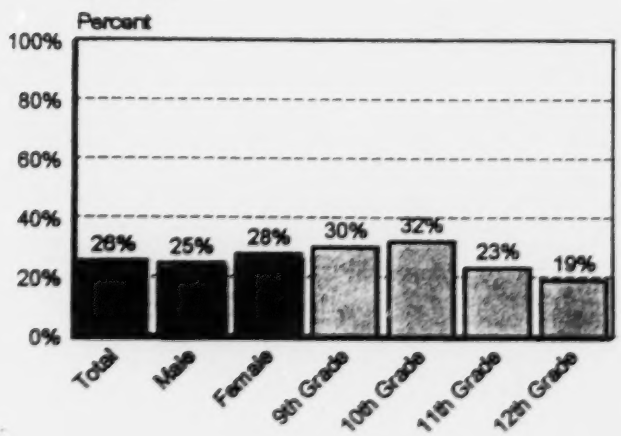
Q48 Percentage of students who used the crack or freebase forms of cocaine one or more times during their life.



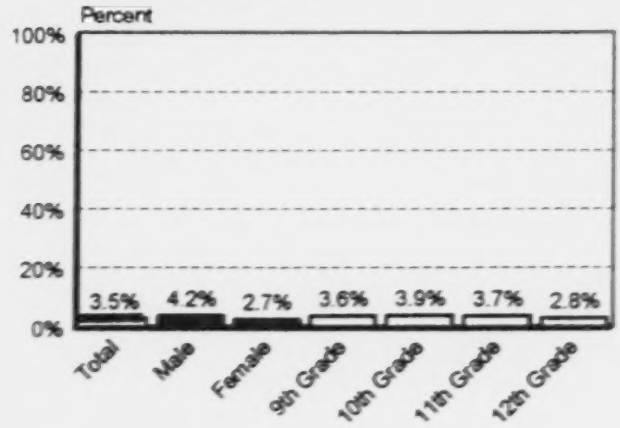
Seven percent of Nevada high school students have used the crack or freebase form of cocaine one or more times during their life. More female students (7.7%) than male students (6.3%) have used the crack or freebase form of cocaine. Survey results show that 8.1 percent of ninth graders, 7.2 percent of tenth graders, 5.5 percent of eleventh graders, and 6.3 percent of twelfth graders have used crack or freebase. Lifetime use of the crack or freebase forms of cocaine has increased significantly (by more than 53%) since 1993.

Q49 Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paint or spray to get high during their life.



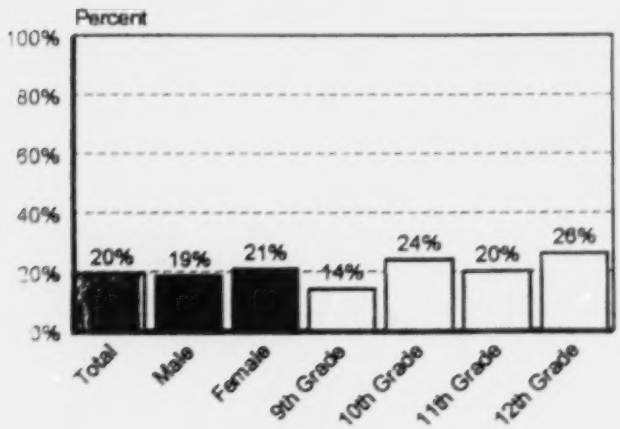
More than one fourth of Nevada high school students (26%) have sniffed glue, breathed the contents of aerosol spray cans, or inhaled paint or spray to get high at least once in their life. Twenty-five percent of male students and 28 percent of female students have inhaled substances to get high during their life. Thirty percent of ninth graders, 32 percent of tenth graders, 23 percent of eleventh graders, and 19 percent of twelfth graders have sniffed glue or inhaled other substances to get high at some time during their life.

Q50 Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.



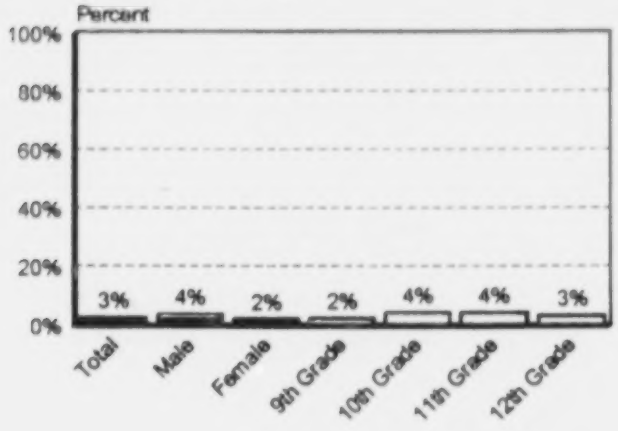
Overall, 3.5 percent of Nevada high school students have taken steroid pills or shots without a doctor's prescription at least once during their life. Male students are significantly more likely to have taken steroids (4.2%) than female students (2.7%); however, only 3.1 percent of male high school seniors reported use. By grade level, 3.6 percent of ninth graders, 3.9 percent of tenth graders, 3.7 percent of eleventh graders, and 2.8 percent of twelfth graders have taken steroids without a prescription. Lifetime use of steroids is up almost 30 percent since 1993.

Q51 Percentage of students who used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin one or more times during their life.



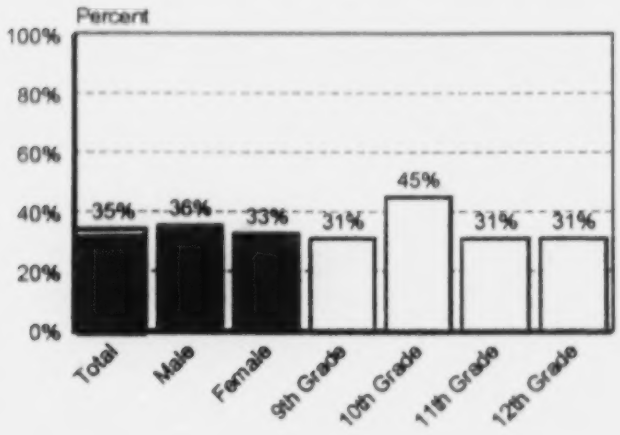
Approximately one-fifth of Nevada high school students (20%) have used some type of illegal drug other than marijuana or cocaine during their life. Nineteen percent of male students and 21 percent of female students used illegal drugs such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin. Fourteen percent of ninth graders, 24 percent of tenth graders, 20 percent of eleventh graders, and 26 percent of twelfth graders reported lifetime use of other drugs. Since 1993, there has been a 10 percent increase in use of other drugs among Nevada students.

Q52 Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life.



Three percent of Nevada high school students have used a needle to inject an illegal drug into their body one or more times during their life. Significantly more males (4%) than females (2%) have injected drugs at some time during their life. Two percent of ninth graders, 4 percent each of tenth graders and eleventh graders, and 3 percent of twelfth graders have injected drugs. The percentage of students who have injected an illegal drug into their body during their life has more than doubled since 1993, indicating a significant increase.

Q53 Percentage of students who had someone offer, sell, or give them an illegal drug on school property during the past 12 months.



During the 12 months preceding the survey, more than a third (35%) of Nevada high school students had someone offer, sell, or give them an illegal drug on school property. Significantly more male students (36%) than female students (33%) were offered, sold, or given drugs at school during the past year. Thirty-one percent of ninth graders, 45 percent of tenth graders, and 31 percent each of eleventh graders and twelfth graders had someone offer, sell, or give them an illegal drug on school property. The incidence of drug deals on school property increased by 16 percent since 1993.

SEXUAL BEHAVIORS AND HEALTH-RELATED OUTCOMES

HIV/AIDS

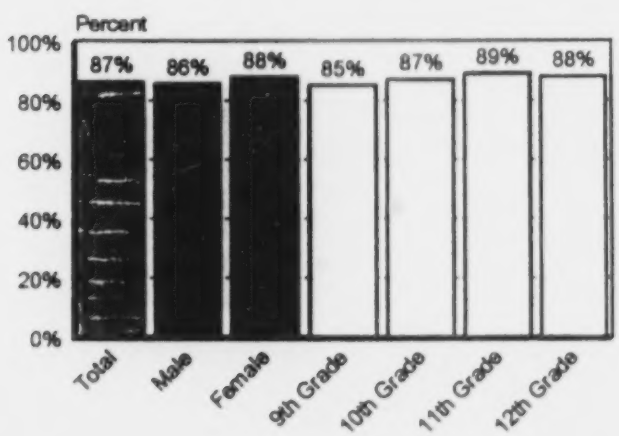
AIDS (acquired immunodeficiency syndrome) is the only major disease in the United States for which mortality is increasing.[24] The seventh leading cause of years of potential life lost before age 65 in the United States,[25] AIDS ranks as the sixth leading cause of death for youth aged 15-24.[26] Of the 12 million new cases of sexually transmitted diseases (STDs) each year, 86 percent are among people aged 15-29.[27] STDs may result in infertility, adverse effects on pregnancy outcome and maternal and child health, and facilitation of HIV transmission.[28]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

5.8 Increase to at least 85 percent the proportion of people aged 10 through 18 who have discussed human sexuality, including values surrounding sexuality, with their parents and/or have received information through another parentally-endorsed source, such as youth, school, or religious programs.

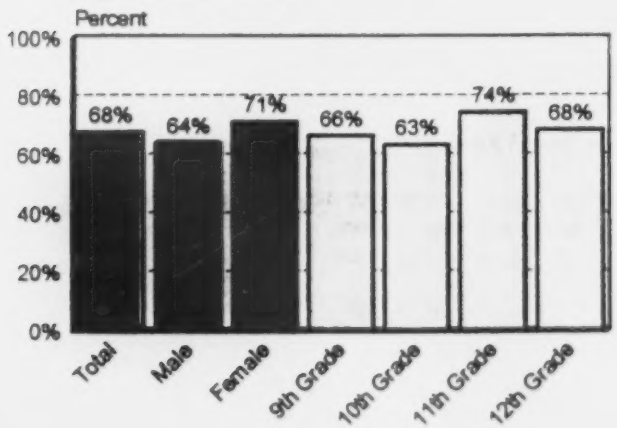
Response to survey items 54 and 55, which measure whether students have received HIV education and whether students talk about HIV infection with parents or other adults, is summarized below.

Q54 Percentage of students who were ever taught about AIDS or HIV infection in school



Eighty-seven percent of Nevada high school students have been taught about AIDS or HIV infection in school. More female students (88%) than male students (86%) recall being taught about HIV/AIDS. Eighty-five percent of ninth graders, 87 percent of tenth graders, 89 percent of eleventh graders, and 88 percent of twelfth graders have been taught about AIDS or HIV infection in school. Since 1993, the percentage of high school students who have been taught about HIV/AIDS in school has increased a significant 6 percent and now exceeds the 85 percent goal set for the year 2000.

Q55 Percentage of students who ever talked about AIDS or HIV infection with their parents or other adults in their family.



Sixty-eight percent of Nevada high school students have talked about AIDS or HIV infection with their parents or other adults in their family. Significantly fewer male students (64%) than female students (71%) have talked with their parents about AIDS/HIV infection. Sixty-six percent of ninth graders, 63 percent of tenth graders, 74 percent of eleventh graders, and 68 percent of twelfth graders have talked with their parents or other adult family members about HIV/AIDS. There has been no change since 1993 in the percentage of students who have talked about AIDS or HIV infection with their parents or other adults in their family.

Sexual Activity

Early sexual activity is associated with unwanted pregnancy and STDs, including HIV infection, and negative effects on social and psychological development. Number of sexual partners and age of first intercourse are associated with STDs. Alcohol and other drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse.[29]

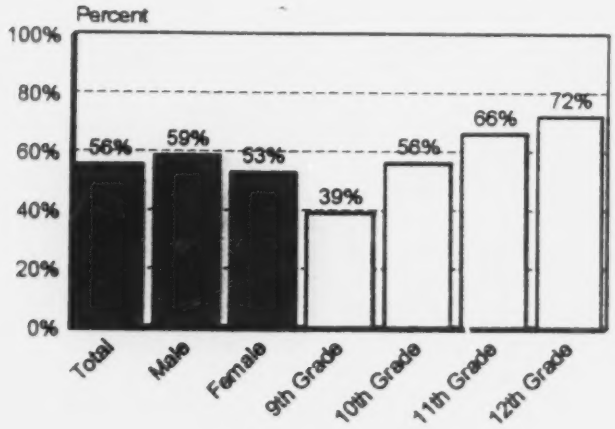
RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

5.4 Reduce the proportion of adolescents who have engaged in sexual intercourse to no more than 15 percent by age 15 and no more than 40 percent by age 17. (objectives 18.3 & 19.9, also)

5.5 Increase to at least 40 percent the proportion of ever sexually active adolescents aged 17 and younger who have abstained from sexual activity for the previous three months.

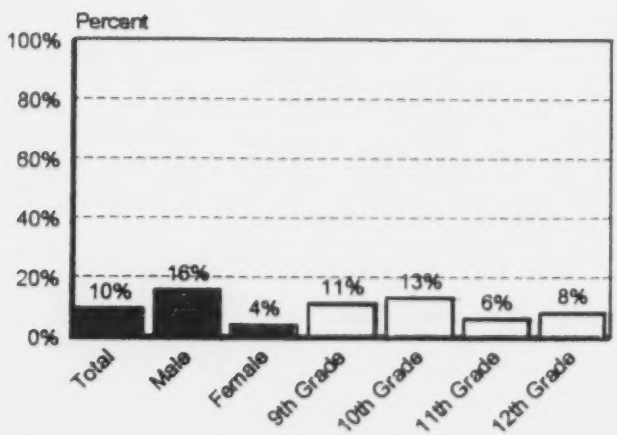
Response to survey items 56-60, which measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, and alcohol and drug use related to sexual activity, is summarized on the following pages.

Q56 Percentage of students who ever had sexual intercourse.



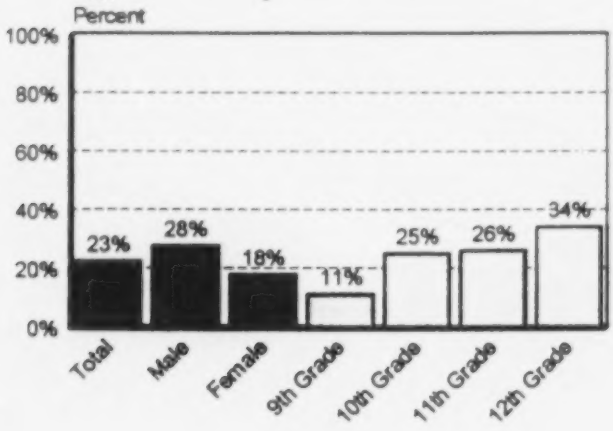
Fifty-six percent of Nevada high school students report that they have engaged in sexual intercourse. More males (59%) than females (53%) have had sexual intercourse. Thirty-nine percent of ninth graders, 56 percent of tenth graders, 66 percent of eleventh graders, and 72 percent of twelfth graders have had sexual intercourse. Since 1993, the percentage of students who have ever had sexual intercourse has dropped by 3 percent.

Q57 Percentage of students who had sexual intercourse for the first time before age 13.



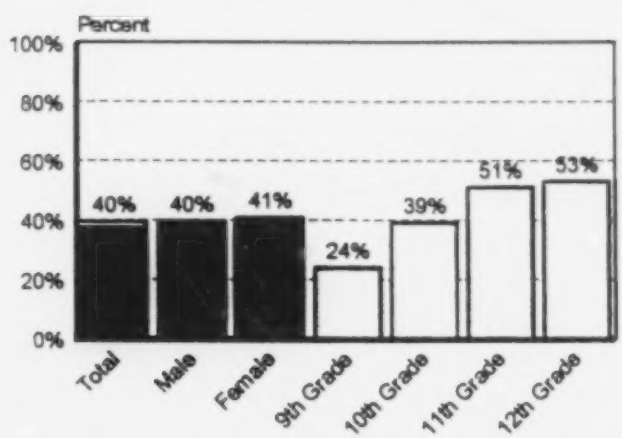
One in ten Nevada high school students had sexual intercourse for the first time before the age of 13. Significantly more male students (16%) than female students (4%) had sexual intercourse before they were 13. Eleven percent of ninth graders, 13 percent of tenth graders, 6 percent of eleventh graders, and 8 percent of twelfth graders report that they first had sexual intercourse prior to the age of 13. There has been no change in the percentage of students who had sexual intercourse for the first time before the age of 13 since the 1993 survey.

Q58 Percentage of students who had sexual intercourse with four or more people during their life.



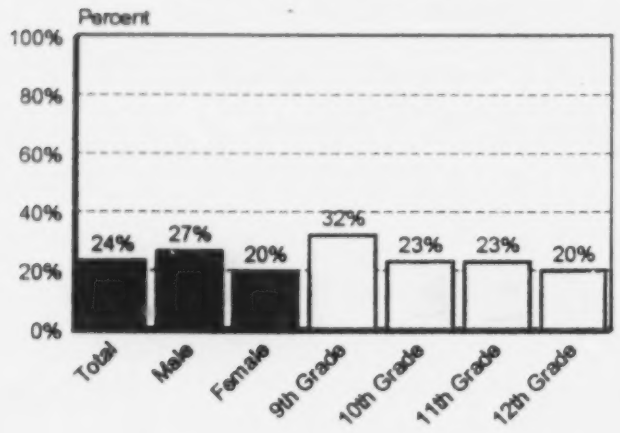
Twenty-three percent of Nevada high school students have had sexual intercourse with four or more people during their life. Significantly more males students (28%) than female students (18%) have had sexual intercourse with four or more people. Eleven percent of ninth graders, 25 percent of tenth graders, 26 percent of eleventh graders, and 34 percent of twelfth graders have had sexual intercourse with four or more people during their life. Since 1993, the percentage of students who have had sexual intercourse with four or more people has remained stable at 23 percent.

Q59 Percentage of students who had sexual intercourse during the past three months.



During the three months preceding the survey, 40 percent of Nevada high school students had sexual intercourse with one or more persons. Almost the same percentage of male students (40%) as female students (41%) had sexual intercourse during the past three months. Twenty-four percent of ninth graders, 39 percent of tenth graders, 51 percent of eleventh graders, and 53 percent of twelfth graders had sexual intercourse during the three months prior to the survey. Since 1993, there has been a negligible increase of approximately 1 percent in the percentage of students who had sexual intercourse during the three months preceding the survey.

Q60 Of students who had sexual intercourse during their life, the percentage who drank alcohol or used drugs before last sexual intercourse.



Of Nevada students who have ever had sexual intercourse, nearly one in four (24%) drank alcohol or used drugs before they had sexual intercourse the last time. More males (27%) than females (20%) drank alcohol or used drugs before their last sexual intercourse. Thirty-two percent of ninth graders, 23 percent each of tenth graders and eleventh graders, and 20 percent of twelfth graders drank alcohol or used drugs before they had sexual intercourse the last time. Since 1993, the percentage of sexually active students who drank alcohol or used drugs before their last sexual intercourse increased by 4 percent.

Pregnancy

More than one million teenage girls in the United States become pregnant each year, just over 400,000 teenagers obtain abortions, and nearly 470,000 give birth.[30] One third of all unintended pregnancies occur among teenagers, and 75 percent of teenage pregnancies occur among adolescents who are not using contraception.[31] The United States leads all other Western developed countries in rates of adolescent pregnancy, abortion, and childbearing.[32]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

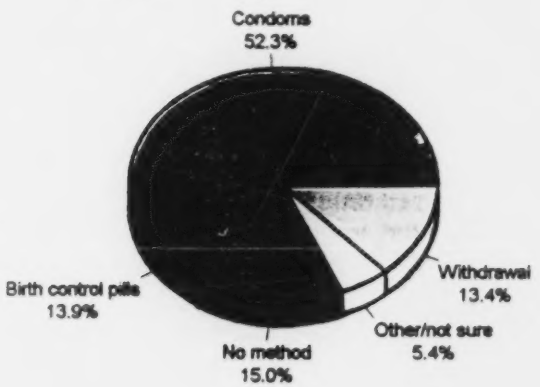
5.1 Reduce pregnancies among girls aged 17 and younger to no more than 50 per 1,000 adolescents.*

5.6 Increase to at least 90 percent the proportion of sexually active, unmarried people aged 19 and younger who use contraception, especially combined method contraception that both effectively prevents pregnancy and provides barrier protection against disease.

Response to items 62 and 63, which measure use of contraception and identify whether a student has been pregnant or gotten someone pregnant, is summarized on the following page.

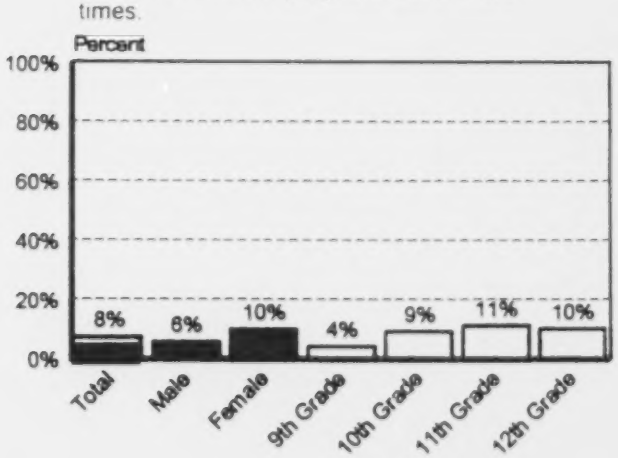
*Not directly measured by a YRBS question

Q62 Of students who ever had sexual intercourse, the percentage using various types of birth control methods.



Among Nevada high school students who have ever had sexual intercourse, more than three-fourths reported that they used some type of birth control method the last time they had sexual intercourse. Condoms were used by the largest percentage of sexually active students or their partners (52.3%). Nearly 14 percent of students in this sexually active population indicated that they or their partners used birth control pills, about 13 percent used withdrawal as a birth control method, and the remaining 5 percent used some other method or were not sure if a birth control method was used. Fifteen percent of sexually active students indicated that neither they nor their partners used any method of birth control the last time they had sexual intercourse.

Q63 Percentage of students who had been pregnant or gotten someone pregnant one or more times.



Eight percent of Nevada high school students have been pregnant or gotten someone pregnant one or more times. Six percent of male students reported having gotten someone pregnant, and 10 percent of female students reported having been pregnant. Four percent of ninth graders, 9 percent of tenth graders, 11 percent of eleventh graders, and 10 percent of twelfth graders have been pregnant or have gotten someone pregnant. Since 1993, the percentage of high school students who have been pregnant or gotten someone pregnant has decreased by 15 percent.

DIETARY BEHAVIORS

Body Weight

Among adolescents aged 12-17, obesity and extreme obesity appear to be increasing by as much as 39 percent and 64 percent, respectively.[33] Obesity acquired during childhood or adolescence may persist into adulthood, increasing later risk for chronic conditions such as diabetes, heart disease, high blood pressure, stroke, some types of cancer, and gall bladder disease.[34] In addition, children and adolescents often experience social and psychological stress related to obesity.[35] Obesity in adolescence has been related to depression, problems in family relations, and poor school performance.[36] On the other hand, overemphasis on thinness during adolescence may contribute to eating disorders, such as anorexia nervosa and bulimia.[37,38] Adolescent females represent a high-risk population for the development of these two health problems and compose 90 percent to 95 percent of all patients with eating disorders.[39]

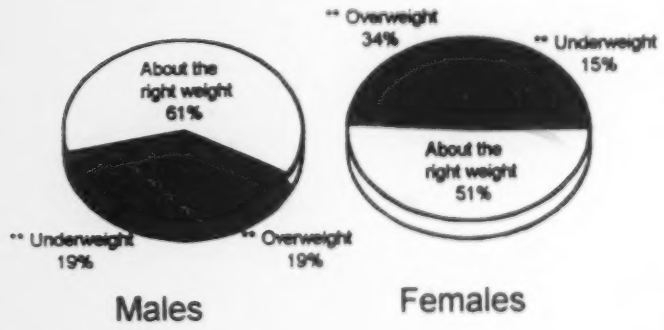
RELATED HEALTH OBJECTIVES FOR THE YEAR 2000:

1.2 Reduce overweight to a prevalence of no more than 20 percent among people aged 20 and older and no more than 15 percent among adolescents aged 12-19.* (objectives 2.3, 15.10, & 17.12, also)

1.7 Increase to at least 50 percent the proportion of overweight people aged 12 and older who have adopted sound dietary practices combined with regular physical activity to attain an appropriate body weight.* (objective 2.7, also)

Response to items 64-69, which measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems, is reported by gender, since little variation appeared across grade levels.

Q64 Student self-perceptions of body weight by gender

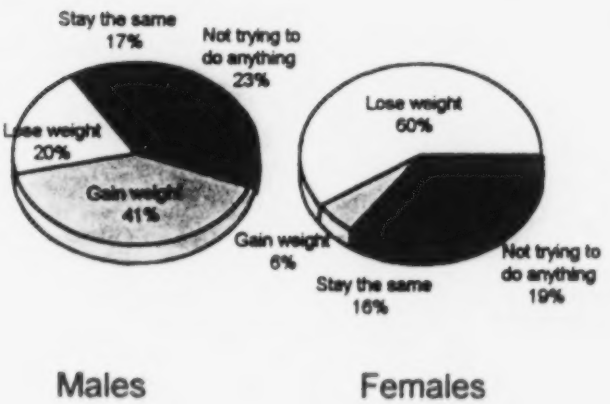


** Slightly or very

More than half of Nevada high school students (56%) felt they were about the right weight. Sixty-one percent of male students and 51 percent of female students thought they were at or near their ideal weight. More female students described themselves as slightly or very overweight (34%) than as slightly or very underweight (15%). Male students were evenly divided between slightly or very overweight and slightly or very underweight (19% each). Since 1993, the percentage of Nevada high school students who describe themselves as about the right weight has increased by a significant 14 percent.

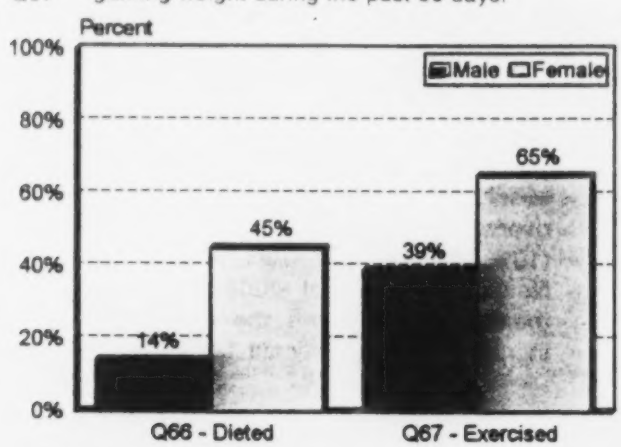
*Not directly measured by a YRBS question

Q65 What students are trying to do about their weight by gender.

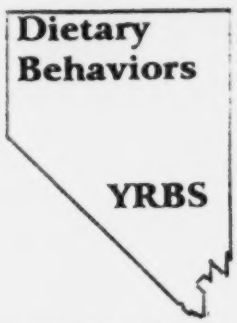


Overall, 39 percent of Nevada high school students were trying to lose weight and 24 percent were trying to gain weight. Although only 34 percent of female students thought they were overweight (Q64), 60 percent of them were trying to lose weight. Similarly, among male students, only 19 percent thought they were underweight (Q64), but 41 percent were trying to gain weight. Thirty-seven percent of students reported that they were either trying to stay the same weight or not trying to do anything about their weight. More male students (40%) than female students (35%) were satisfied with their weight. Since 1993, there has been a 2 percent increase in the percentage of high school students who are trying to do something about their weight.

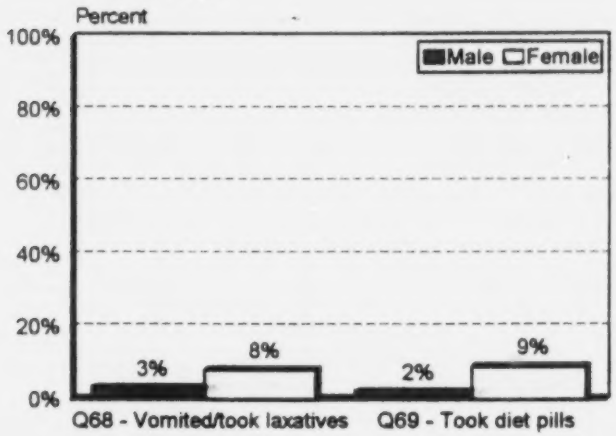
Q66 & Q67 Percentage of students who dieted and/or exercised to lose weight or to keep from gaining weight during the past 30 days.



During the 30 days preceding the survey, 29 percent of Nevada high school students dieted to lose weight or to keep from gaining weight. Significantly more female students (45%) than male students (14%) dieted to lose or maintain weight. During that same time period, more than half of Nevada high school students (52%) exercised to lose weight or to keep from gaining weight. Significantly more female students (65%) than male students (39%) used exercise as a weight loss or maintenance technique.



Q68 & Q69 Percentage of students who vomited or took laxatives and/or took diet pills to lose weight or to keep from gaining weight during the past 30 days.



During the 30 days prior to completing the survey, 5 percent of Nevada high school students vomited or took laxatives to lose weight or to keep from gaining weight. Significantly more female students (8%) than male students (3%) used these methods to lose or maintain weight. Diet pills were also used by 5 percent of Nevada high school students during that same time period to lose weight or to keep from gaining weight. Use of diet pills was significantly greater by female students (9%) than by male students (2%).

Food Choices

Americans currently consume more than 36 percent of their total calories from fat. High fat diets, which are associated with increased risk of obesity, heart disease, some types of cancer, and other chronic conditions, often are consumed at the expense of foods high in complex carbohydrates and dietary fiber, considered more conducive to health.[34] Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.[40]

RELATED HEALTH OBJECTIVES FOR THE YEAR 2000:

2.5 Reduce dietary fat intake to an average of 30 percent of calories or less and average saturated fat intake to less than 10 percent of calories among people aged 2 and older.* (objectives 15.9 & 16.7, also)

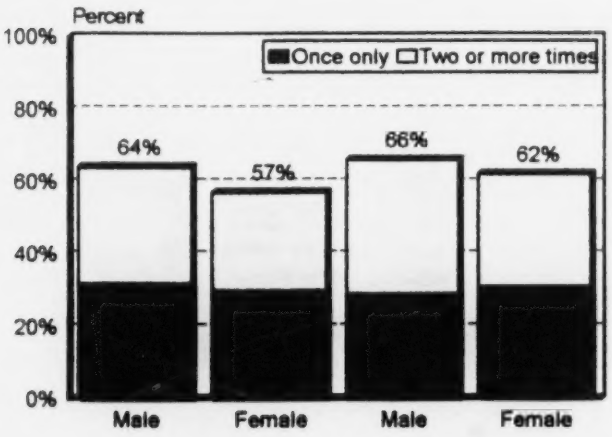
2.6 Increase complex carbohydrate and fiber-containing foods in the diets of adults to 5 or more daily servings for vegetables (including legumes) and fruits, and to 6 or more daily servings for grain products. (objective 16.8, also)

2.8 Increase calcium intake so at least 50 percent of youth aged 12-24 and 50 percent of pregnant and lactating women consume 3 or more servings daily of foods rich in calcium, and at least 50 percent of people aged 25 and older consume 2 or more servings daily.

Response to items 70 through 76, which measure food choices, is also reported by gender. Grade level variations are noted only when a pattern is apparent.

*Not directly measured by a YRBS question

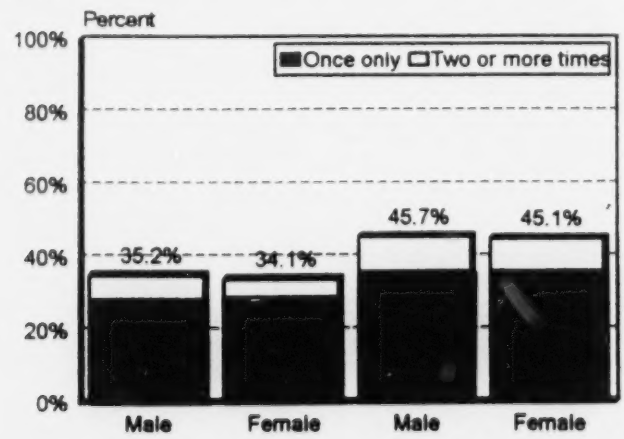
Q70 & Q71 Percentage of students who ate fruit or drank fruit juice on the day prior to the survey.



Q70 Ate fruit Q71 Drank fruit juice

On the day preceding the survey, 60 percent of Nevada high school students ate fruit one or more times, and 64 percent drank fruit juice at least once. More males (63%) than females (57%) ate fruit, and more male students (66%) than female students (62%) drank fruit juice. Since 1993, 7 percent more students ate fruit on the previous day, and a significant 10 percent more students drank fruit juice.

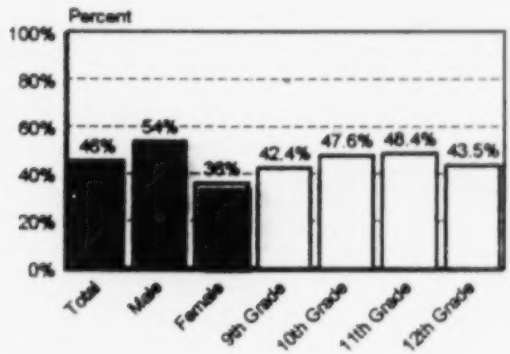
Q72 & Q73 Percentage of students who ate green salad or cooked vegetables on the day prior to the survey.



Q72 Ate salad Q73 Ate cooked vegetables

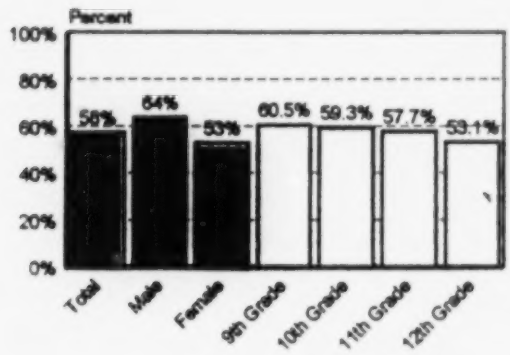
Thirty-five percent of Nevada high school students ate green salad the day before the survey, and 46 percent of students ate cooked vegetables that day. Males were slightly more likely to have eaten green salad than females (35% vs. 34%), and they were also slightly more likely to have eaten cooked vegetables than their female counterparts (46% vs. 45%). While less than half of Nevada high school students ate either green salad or cooked vegetables on the previous day, the percentages of students who reported eating these foods increased significantly since 1993.

Q74 Percentage of students who ate hamburgers, hot dogs, or sausage one or more times yesterday



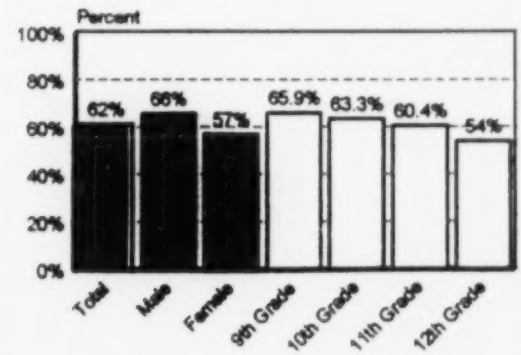
On the day prior to the survey, less than half of Nevada high school students (46%) ate hamburgers, hot dogs, or sausage. Significantly more male students (54%) than female students (36%) ate these fatty meats. No pattern was apparent in the slight differences that occurred across grade levels. The percentage of students who ate hamburgers, hot dogs, or sausage the day before the survey increased by 7 percent since 1993.

Q75 Percentage of students who ate french fries or potato chips one or more times yesterday



More than half of Nevada high school students (58%) ate french fries or potato chips the day before the survey. Male students were more likely to have eaten these forms of potato (64%) than were female students (53%). The percentage of students who ate fries or chips decreased with grade level from 61 percent at grade nine to 53 percent at grade 12. Since 1993, the percentage of students eating french fries or potato chips rose a significant 13 percent.

Q76 Percentage of students who ate cookies, doughnuts, pie, or cake one or more times yesterday



Well over half (62%) of Nevada high school students ate cookies, doughnuts, pie, or cake at least once on the day preceding the survey. More males (66%) than females (57%) ate these sweet, high-fat foods. The percentage of students who ate cookies, doughnuts, pie, or cake dropped steadily with grade level from 66 percent at grade nine to 54 percent at grade 12. There was a significant 18 percent increase in the percentage of students who ate doughnuts or other pastries yesterday since the 1993 survey.

PHYSICAL ACTIVITY

Regular physical activity increases life expectancy[41] and is associated with good mental health and self-esteem.[42] Additionally, regular physical activity can assist in the preventionand management of coronary heart disease, hypertension, diabetes, osteoporosis, obesity, and mental health problems.[43] School physical education programs can have a significant positive effect on the health-related fitness of children.[44,45]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

1.3 Increase to at least 30 percent the proportion of people aged 6 and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day.

1.4 Increase to at least 20 percent the proportion of people aged 18 and older and to at least 75 percent the proportion of children and adolescents aged 6-17 who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

1.5 Reduce to no more than 15 percent the proportion of people aged 6 and older who engage in no leisure-time physical activity.*

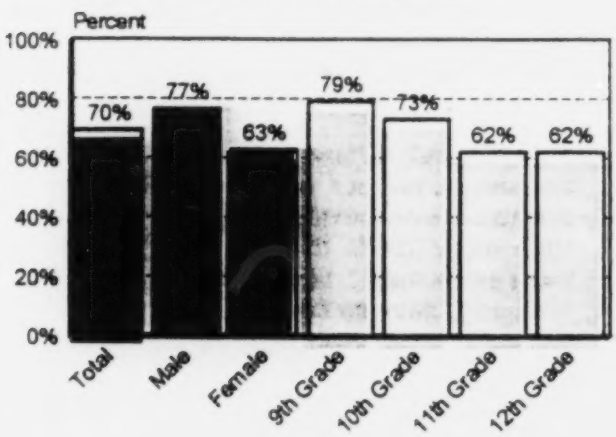
1.6 Increase to at least 40 percent the proportion of people aged 6 and older who regularly perform physical activities that enhance and maintain muscular strength, muscular endurance, and flexibility.

1.8 Increase to at least 50 percent the proportion of children and adolescents in first through twelfth grade who participate in daily school physical education.

1.9 Increase to at least 50 percent the proportion of school physical education class time that students spend being physically active, preferably engaged in lifetime physical activities.

Response to survey items 77-84, which measure participation in physical activity, is summarized below.

Q77 Percentage of students who exercised or participated in sports activities for at least 20 minutes that made them sweat and breathe hard on 3 or more of the last 7 days.

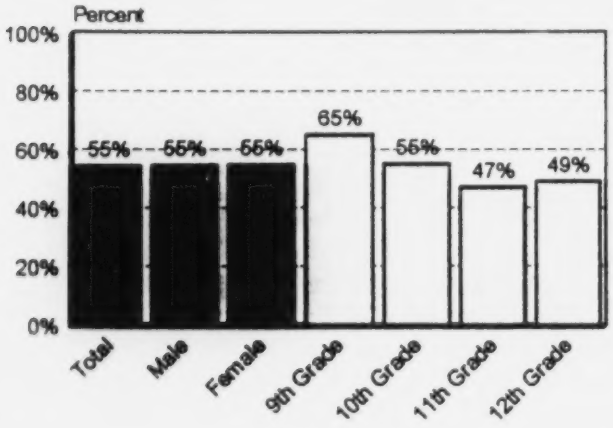


Seventy percent of Nevada high school students exercised or participated in sports activities that made them sweat and breathe hard for at least 20 minutes on three or more days during the week preceding the survey. Significantly more males (77%) than females (63%) took part in vigorous physical activity such as basketball, jogging, fast dancing, or tennis. Participation in 20 minutes of aerobic activity at least 3 times a week was reported by significantly larger percentages of students in grades nine and ten (79% and 73%, respectively,) than in grades eleven and twelve (62% each). Since 1993, the percentage of students engaging in strenuous physical activity has increased by 2 percent, but it still falls slightly short of the 75 percent goal for the year 2000.

53

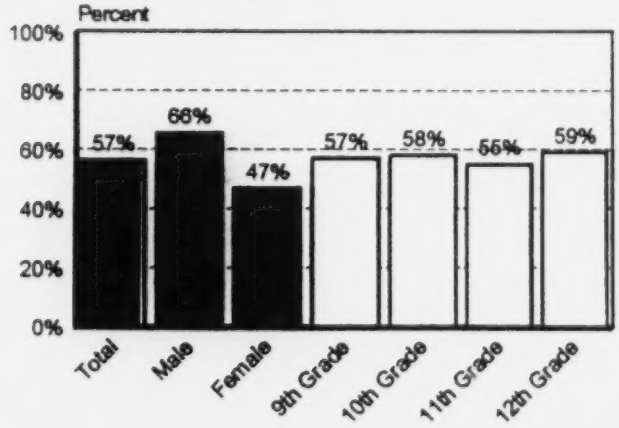
*Not directly measured by a YRBS question

Q78 Percentage of students who did stretching exercises on 3 or more of the past 7 days.



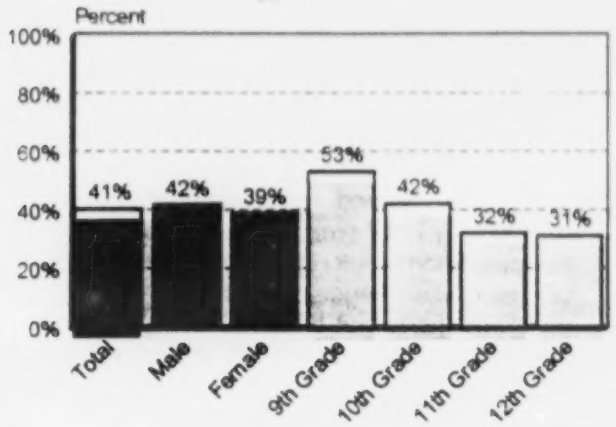
More than half of Nevada high school students (55%) did stretching exercises such as toe touching, knee bending, or leg stretching on three or more of the past seven days. Equal percentages of males and females (55% each) did stretching exercises; however, significantly larger percentages of students in grades nine and ten (65% and 55%, respectively,) than in grades eleven and twelve (47% and 49%, respectively,) did stretching exercises during the preceding week. The overall percentage of students regularly doing stretching exercises increased by 3 percent since 1993 and currently exceeds the 40 percent goal set for the year 2000.

Q79 Percentage of students who did exercises to strengthen or tone their muscles on 3 or more of the past 7 days.



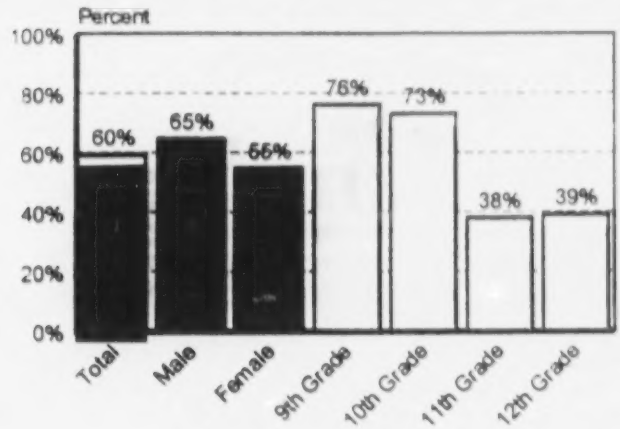
Fifty-seven percent of Nevada high school students did exercises to strengthen or tone their muscles on three or more days in the week preceding the survey. Significantly more male students (66%) than female students (47%) did exercises such as push-ups, pull-ups, or weight lifting. Fifty-seven percent of ninth graders, 58 percent of tenth graders, 55 percent of eleventh graders, and 59 percent of twelfth graders exercised to strengthen or tone their muscles. Since 1993, the percentage of students who regularly exercise to strengthen or tone their muscles has increased by a significant 7 percent, surpassing the 40 percent goal set for the year 2000.

Q80 Percentage of students who walked or bicycled for at least 30 minutes at a time on 3 or more of the past 7 days.



Less than half (41%) of Nevada high school students either walked or bicycled for at least 30 minutes on three or more days during the past week. More males (42%) than females (39%) walked or bicycled, including walking or bicycling to or from school. Significantly larger percentages of students in grades 9 and 10 (53% and 42%, respectively,) than in grades 11 and 12 (32% and 31%, respectively,) walked or bicycled at least three times a week. Since 1993, the overall percentage of students who walk or bicycle regularly has dropped 6 percent and now barely exceeds the 40 percent goal established for the year 2000.

Q81 Percentage of students who attended physical education (PE) class one or more days during an average school week.



Sixty percent of Nevada high school students attended physical education (PE) class one or more days during an average school week, and 47 percent attended PE daily. Greater percentages of males (65% weekly, 50% daily) than females (55% weekly, 44% daily) reported PE attendance. Students in grades 9 and 10 were more likely to attend PE classes (77% weekly, 62% daily) than students in grades 11 and 12 (39% weekly, 29% daily). Since 1993, the percentage of students attending PE at least once a week increased by 12 percent; however, daily PE attendance registered a 2 percent decline.

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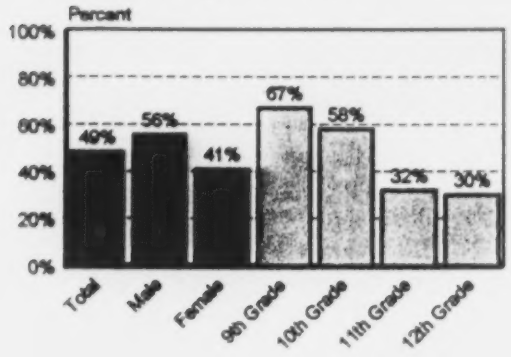
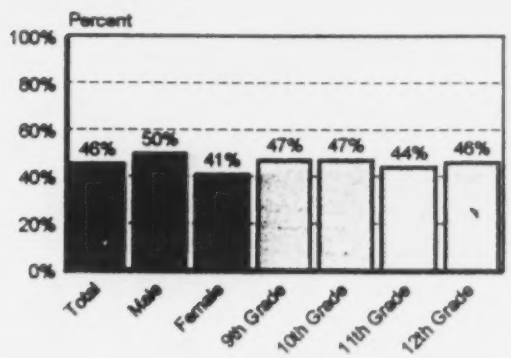
Q82 Percentage of students who exercised or played sports for more than 20 minutes during an average physical education (PE) class



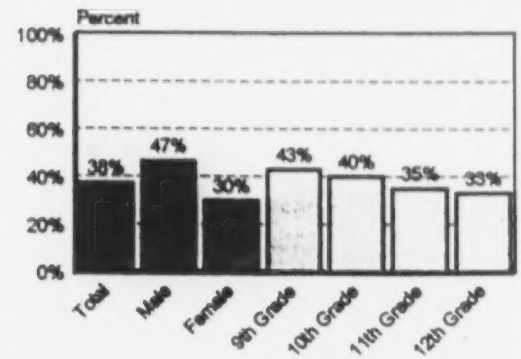
Nearly half of Nevada hign school students (49%) exercised or played sports for more than 20 minutes during an average physical education (PE) class. Significantly more males (56%) than females (41%) exercised or played sports during PE, and significantly more ninth and tenth graders (67% and 58%, respectively,) than eleventh and twelfth graders (32% and 30%, respectively,) were actively involved during PE. The percentage of students who actually exercised or played sports for more than 20 minutes during an average PE class increased by 17 percent since 1993.

Q83 Percentage of students who played on one or more sports teams run by their school during the past 12 months.



During the past year, 46 percent of Nevada high school students played on one or more sports teams run by their school. Male students were more likely to play on school teams (50%) than female students (41%). Forty-seven percent each of ninth and tenth graders, 44 percent of eleventh graders, and 46 percent of twelfth graders were active in school sports. The percentage of students who played on school sports teams increased by 7 percent since 1993.

Q84 Percentage of students who played on one or more sports teams run by organizations outside their school during the past 12 months



Thirty-eight percent of Nevada high school students played on one or more sports teams run by an organization outside their school during the previous year. Significantly more males (47%) than females (30%) played on an outside team. Students in grades 9 and 10 (43% and 40%, respectively,) were significantly more likely to play on an outside sports team than were students in grades 11 and 12 (35% and 33%, respectively,). Since 1993, the percentage of students who played on outside teams increased by 4 percent.

TRENDS IN HEALTH RISK BEHAVIORS AMONG NEVADA HIGH SCHOOL STUDENTS
Survey Response by Year

Q1. How old are you?

	1993		1995	
	N	%	N	%
15 or younger	821	40.4	570	37.1
16 or 17	1,004	49.5	771	50.1
18 or older	203	10.0	195	12.7
Missing	2	0.1	2	0.1

Q2. What is your sex?

	1993		1995	
	N	%	N	%
Female	1,025	50.4	797	51.8
Male	998	49.1	733	47.7
Missing	7	0.9	8	0.5

Q3. In what grade are you?

	1993		1995	
	N	%	N	%
9th Grade	627	30.9	404	26.3
10th Grade	648	31.9	452	29.4
11th Grade	443	21.8	348	22.6
12th Grade	308	15.2	329	21.4
Missing	4	0.2	5	0.3

Q4. How do you describe yourself?

	1993		1995	
	N	%	N	%
White	1,343	66.2	1,058	68.8
Black	153	7.5	115	7.5
Hispanic	267	13.2	164	10.7
Other	248	12.2	184	12.0

Q5. How often do you wear a seat belt when riding in a car driven by someone else?

	1993		1995	
	N	%	N	%
Never	135	6.6	76	5.3
Rarely	286	15.1	213	13.6
Sometimes	374	18.9	280	17.5
Most of the Time	586	28.7	491	32.0
Always	644	30.8	476	31.5
Missing	5		2	

Q6. During the past 12 months, how many times did you ride a motorcycle?

	1993		1995	
	N	%	N	%
0 times	1,368	67.7	1,017	66.9
1 to 10 times	394	19.6	326	21.5
11 to 20 times	85	4.6	67	4.1
21 to 39 times	50	2.7	37	2.7
40 or more times	104	5.5	77	4.9
Missing	29		14	

Q7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

	1993		1995	
	N	%	N	%
Did not ride a motorcycle	1,359	67.5	1,007	66.6
Never	164	8.4	108	6.9
Rarely	47	2.5	43	2.5
Sometimes	31	1.6	25	1.7
Most of the Time	76	3.8	63	4.3
Always	315	16.2	268	18.0
Missing	38		24	

Q8. During the past 12 months, how many times did you ride a bicycle?

	1993		1995	
	N	%	N	%
0 times	526	28.1	431	27.6
1 to 10 times	711	36.1	562	37.5
11 to 20	224	10.8	192	12.3
21 to 39 times	113	5.5	98	6.9
40 or more times	396	19.5	226	15.6
Missing	60		29	

Q9. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	1993		1995	
	N	%	N	%
Did not ride a bicycle	524	28.0	422	27.2
Never	1,336	66.8	983	66.2
Rarely	45	2.1	39	2.8
Sometimes	27	1.3	24	1.5
Most of the time	19	0.9	20	1.4
Always	20	1.0	13	0.9
Missing	59		37	

Q10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	1993		1995	
	N	%	N	%
0 times	1,332	64.8	965	63.2
1 time	218	11.1	193	12.0
2 or 3 times	242	12.2	231	15.0
4 or 5 times	85	4.2	50	3.3
6 or more times	148	7.7	98	6.5
Missing	5		1	

Q11. During the past 30 days, how many times did you drive a car or other vehicle w hen you had been drinking alcohol?

	1993		1995	
	N	%	N	%
0 times	1,784	87.9	1,306	86.1
1 time	107	5.8	89	5.6
2 or 3 times	70	3.8	76	4.8
4 or 5 times	12	0.7	26	1.7
6 or more times	33	1.8	29	1.8
Missing	24		12	

Q12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	1993		1995	
	N	%	N	%
0 days	1,519	75.6	1,185	77.7
1 day	75	3.7	67	4.6
2 or 3 days	129	6.7	74	5.2
4 or 5 days	57	3.0	32	2.2
6 or more days	211	11.0	155	10.3
Missing	39		25	

Q13. During the past 30 days, on how many days did you carry a gun?

	1993		1995	
	N	%	N	%
0 days	1,842	91.2	1,397	91.8
1 day	52	2.6	39	2.6
2 or 3 days	50	2.8	31	2.0
4 or 5 days	16	0.9	15	0.9
6 or more days	47	2.5	40	2.7
Missing	23		16	

Q14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	1993		1995	
	N	%	N	%
0 days	1,770	88.0	1,360	89.2
1 day	63	3.0	41	2.6
2 or 3 days	43	2.3	34	2.5
4 or 5 days	20	1.0	15	0.9
6 or more times	108	5.7	73	4.7
Missing	26		15	

Q15. During the past 30 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	1993		1995	
	N	%	N	%
0 days	1,863	92.2	1,454	94.2
1 day	77	3.7	39	2.8
2 or 3 days	48	2.4	22	1.5
4 or 5 days	13	0.6	7	0.4
6 or more days	24	1.1	14	1.0
Missing	5		2	

Q16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	1993		1995	
	N	%	N	%
0 times	1,815	89.7	1,393	90.5
1 time	91	4.4	70	4.6
2 or 3 times	64	3.1	42	2.7
4 or 5 times	11	0.6	13	0.9
6 or 7 times	14	0.7	2	0.2
8 or 9 times	10	0.5	3	0.2
10 or 11 times	1	0.1	0	0.0
12 or more times	20	0.9	13	0.9
Missing	4		2	

Q17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

	1993		1995	
	N	%	N	%
0 times	1,341	66.6	1,050	68.1
1 time	317	15.3	234	15.4
2 or 3 times	230	11.3	169	11.1
4 or 5 times	71	3.6	40	2.8
6 or 7 times	23	1.2	10	0.8
8 or 9 times	6	0.3	7	0.4
10 or 11 times	9	0.4	5	0.3
12 or more times	29	1.3	19	1.2
Missing	4		4	

Q18. During the past 12 months, how many times were you in a physical fight?

	1993		1995	
	N	%	N	%
0 times	1,140	57.9	926	59.2
1 time	355	17.9	234	16.5
2 or 3 times	271	13.6	185	12.6
4 or 5 times	76	3.6	74	5.0
6 or 7 times	45	2.0	25	1.7
8 or 9 times	33	1.7	16	1.1
10 or 11 times	11	0.6	3	0.1
12 or more times	60	2.7	59	3.8
Missing	39		16	

Q19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	1993		1995	
	N	%	N	%
0 times	1,934	95.9	1,480	96.8
1 time	69	3.2	42	2.7
2 or 3 times	10	0.6	7	0.3
4 or 5 times	5	0.2	0	0.0
6 or more times	0	0.0	3	0.2
Missing	12		6	

Q20. During the past 12 months, how many times were you in a physical fight on school property?

	1993		1995	
	N	%	N	%
0 times	1,586	79.9	1,244	80.9
1 time	263	12.9	173	11.8
2 or 3 times	113	5.4	75	5.0
4 or 5 times	16	0.8	12	0.9
6 or 7 times	3	0.1	8	0.4
8 or 9 times	5	0.2	4	0.3
10 or 11 times	2	0.1	0	0.0
12 or more tmes	14	0.6	11	0.7
Missing	28		11	

Q21. The last time you were in a physical fight, with whom did you fight?

	1993		1995	
	N	%	N	%
Have never been in a fight	715	35.6	562	35.1
Total stranger	180	9.5	177	12.9
Friend or someone I know	540	26.8	368	24.3
Boyfriend, girlfriend, date	37	2.0	28	1.9
Family member	190	9.2	158	10.1
Someone not listed above	192	9.6	142	9.8
More than one of the above	148	7.2	93	5.9
Missing	28		10	

Q22. During the past 12 months, did you ever seriously consider attempting suicide?

	1993		1995	
	N	%	N	%
Yes	554	26.8	359	22.9
No	1,470	73.2	1,176	77.1
Missing	6		3	

Q23. During the past 12 months, did you make a plan about how you would attempt suicide?

	1993		1995	
	N	%	N	%
Yes	442	21.2	256	16.7
No	1,579	78.8	1,277	83.3
Missing	9		5	

Q24. During the past 12 months, how many times did you actually attempt suicide?

	1993		1995	
	N	%	N	%
0 times	1,664	88.5	1,305	90.7
1 time	129	6.5	72	5.2
2 or 3 times	64	3.3	31	2.2
4 or 5 times	14	0.7	10	0.6
6 or more times	17	1.0	18	1.2
Missing	142		102	

Q25. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	1993		1995	
	N	%	N	%
Did not attempt suicide	1,655	88.5	1,299	90.6
Yes	64	3.3	41	2.9
No	160	8.3	90	6.4
Missing	151		108	

Q26. Have you ever tried cigarette smoking, even one or two puffs?

	1993		1995	
	N	%	N	%
Yes	1,353	68.2	1,075	72.8
No	662	31.8	417	27.2
Missing	15		46	

Q27. How old were you when you smoked a whole cigarette for the first time?

	1993		1995	
	N	%	N	%
Never smoked a cigarette	892	44.3	616	39.9
8 years old or younger	131	6.7	92	6.1
9 or 10 years old	150	7.7	116	7.8
11 or 12 years old	279	13.8	221	14.8
13 or 14 years old	327	16.3	297	20.2
15 or 16 years old	186	9.7	159	10.0
17 or more years old	26	1.6	19	1.2
Missing	39		18	

Q28. During the past 30 days, on how many days did you smoke cigarettes?

	1993		1995	
	N	%	N	%
0 days	1,390	70.1	1,003	67.1
1 or 2 days	121	6.1	120	8.1
3 to 5 days	65	3.6	52	3.5
6 to 9 days	53	2.7	31	2.1
10 to 19 days	73	3.6	50	3.4
20 to 29 days	70	3.5	53	3.5
All 30 days	196	10.4	191	12.3
Missing	62		38	

Q29. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	1993		1995	
	N	%	N	%
Did not smoke	1,394	69.7	1,001	66.5
Less than 1 per day	102	5.0	88	6.0
1 per day	87	4.5	86	5.6
2 to 5 per day	251	12.7	185	12.3
6 to 10 per day	88	4.6	83	5.5
11 to 20 per day	48	2.6	49	3.1
More than 20 per day	18	0.9	18	1.1
Missing	42		28	

Q30. During the past 30 days, how did you usually get your own cigarettes?

	1993		1995	
	N	%	N	%
Did not smoke cigarettes	*	*	995	65.7
Store			176	11.6
Vending machine			23	1.6
Someone else bought them			81	5.2
Borrowed them			174	11.5
Stole them			17	1.2
Some other way			49	3.2
Missing			23	

Q31. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age?

	1993		1995	
	N	%	N	%
Did not smoke cigarettes	*	*	975	64.7
Did not buy cigarettes			240	15.6
Yes			110	7.5
No			184	12.2
Missing			29	

* Question was not asked in 1993

Q32. During the past 30 days, on how many days did you smoke cigarettes on school property?

	1993		1995	
	N	%	N	%
0 days	1,702	84.9	1,262	82.7
1 or 2 days	83	4.2	61	3.9
3 to 5 days	45	2.3	35	2.4
6 to 9 days	30	1.3	24	1.6
10 to 19 days	39	1.9	31	1.9
20 to 29 days	34	1.7	38	2.5
All 30 days	71	3.6	71	4.8
Missing	26		16	

Q33. Have you ever tried to quit smoking cigarettes?

	1993*		1995	
	N	%	N	%
Yes	373	18.4	518	37.6
No	1,651	81.6	860	62.4
Missing	6		160	

Q34. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	1993		1995	
	N	%	N	%
0 days	1,798	88.9	1,360	88.6
1 or 2 days	**	**	54	3.5
3 to 5 days			19	1.4
6 to 9 days			23	1.5
10 to 19 days			21	1.3
20 to 29 days			14	1.2
All 30 days			38	2.5
Missing			9	

* Question related to past 6 months in 1993.
** Question was worded differently in 1993.

Q35. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

	1993		1995	
	N	%	N	%
0 days	1,871	92.6	1,423	92.8
1 or 2 days	*	*	33	2.2
3 to 5 days			12	0.7
6 to 9 days			12	0.9
10 to 19 days			14	1.0
20 to 29 days			9	0.7
All 30 days			26	1.7
Missing			9	

Q36. How old were you when you had your first drink of alcohol other than a few sips?

	1993		1995	
	N	%	N	%
Never drank alcohol	434	22.3	252	16.7
8 years old or younger	256	13.4	219	14.7
9 or 10 years old	176	9.2	136	9.7
11 or 12 years old	292	15.1	245	16.9
13 or 14 years old	462	24.5	370	26.9
15 or 16 years old	243	13.7	195	13.3
17 or more years old	30	1.9	29	1.8
Missing	137		92	

Q37. During your life, on how many days have you had at least one drink of alcohol?

	1993		1995	
	N	%	N	%
0 days	438	22.7	256	17.1
1 or 2 days	224	11.5	160	11.0
3 to 9 days	306	16.4	244	17.4
10 to 19 days	182	9.6	179	12.6
20 to 39 days	243	13.0	176	12.4
40 to 99 days	207	11.8	184	13.3
100 or more days	275	15.1	239	16.2
Missing	155		100	

* Question was worded differently in 1993.

Q38. During the past 30 days, on how many days did you have at least one drink of alcohol?

	1993		1995	
	N	%	N	%
0 days	1,002	50.8	722	49.1
1 or 2 days	401	20.6	309	20.6
3 to 5 days	214	11.5	183	12.6
6 to 9 days	176	9.4	123	8.6
10 to 19 days	100	5.5	99	6.4
20 to 29 days	27	1.4	27	1.9
All 30 days	16	0.8	16	0.8
Missing	94		59	

Q39. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	1993		1995	
	N	%	N	%
0 days	1,382	68.2	1,006	66.9
1 day	196	10.0	151	9.8
2 days	139	7.4	103	7.0
3 to 5 days	136	7.1	128	8.5
6 to 9 days	75	3.9	58	4.1
10 to 19 days	41	2.4	43	2.6
20 or more days	21	1.0	20	1.1
Missing	40		29	

Q40. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	1993		1995	
	N	%	N	%
0 days	1,882	93.8	1,428	93.5
1 or 2 days	87	4.3	60	3.9
3 to 5 days	15	0.8	20	1.3
6 to 9 days	10	0.5	7	0.5
10 to 19 days	4	0.2	5	0.4
20 to 29 days	1	0.0	1	0.1
All 30 days	9	0.4	6	0.3
Missing	22		11	

Q41. How old were you when you tried marijuana for the first time?

	1993		1995	
	N	%	N	%
Never tried marijuana	1,306	64.1	722	49.1
8 years old or younger	41	2.1	309	20.6
9 or 10 years old	45	2.3	183	12.6
11 or 12 years old	91	4.6	123	8.6
13 or 14 years old	259	12.8	99	6.4
15 or 16 years old	225	11.9	27	1.9
17 or more years old	38	2.3	16	0.8
Missing	25		59	

Q42. During your life, how many times have you used marijuana?

	1993		1995	
	N	%	N	%
0 times*	1,306	64.1	816	52.3
1 or 2 times	163	8.0	150	10.1
3 to 9 times	146	7.7	145	9.5
10 to 19 times	76	3.8	85	6.2
20 to 39 times	100	5.1	78	5.5
40 to 99 times	79	4.3	73	5.0
100 or more times	135	6.9	173	11.5
Missing	25		18	

Q43. During the past 30 days, how many times did you use marijuana?

	1993		1995	
	N	%	N	%
0 times	1,628	80.6	1,131	73.8
1 or 2 times	132	6.7	131	8.4
3 to 9 times	102	5.2	96	6.9
10 to 19 times	65	3.2	70	4.9
20 to 39 times	43	2.2	27	1.8
40 or more times	40	2.1	65	4.3
Missing	20		18	

* "Days" was used in place of "times" in 1993

Q44. During the past 30 days, how many times did you use marijuana on school property?

	1993		1995	
	N	%	N	%
0 times	1,854	92.2	1,386	90.6
1 or 2 times	71	3.6	56	3.8
3 to 9 times	49	2.4	38	2.6
10 to 19 times	19	1.0	23	1.6
20 to 39 times	8	0.4	10	0.7
40 or more times	9	0.4	12	0.7
Missing	20		13	

Q45. How old were you when you tried any form of cocaine, including powder, crack, or freebase, for the first time?

	1993		1995	
	N	%	N	%
Never tried cocaine	1,853	91.7	1,340	87.7
8 years old or younger	5	0.2	7	0.3
9 or 10 years old	6	0.3	12	0.8
11 or 12 years old	11	0.6	20	1.4
13 or 14 years old	52	2.6	63	4.0
15 or 16 years old	71	3.7	71	4.9
17 or more years old	16	1.0	14	0.9
Missing	16		11	

Q46. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	1993		1995	
	N	%	N	%
0 times	1,854	91.9	1,341	88.5
1 or 2 times	61	3.1	77	5.1
3 to 9 times	38	1.9	25	1.8
10 to 19 times	20	1.0	16	0.9
20 to 39 times	14	0.8	20	1.4
40 or more times	22	1.3	37	2.2
Missing	21		22	

Q47. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	1993		1995	
	N	%	N	%
0 times	1,946	96.3	1,453	95.1
1 or 2 times	30	1.5	28	1.8
3 to 9 times	20	1.0	22	1.4
10 to 19 times	10	0.6	13	0.8
20 to 39 times	3	0.2	7	0.4
40 or more times	9	0.4	9	0.5
Missing	12		6	

Q48. During your life, how many times have you used crack or freebase forms of cocaine?

	1993		1995	
	N	%	N	%
0 times	1,931	95.5	1,416	93.1
1 or 2 times	43	2.2	49	3.5
3 to 9 times	16	0.8	16	0.9
10 to 19 times	9	0.5	9	0.7
20 to 39 times	6	0.3	9	0.7
40 or more times	11	0.6	22	1.2
Missing	14		17	

Q49. During your life, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	1993		1995	
	N	%	N	%
0 times	*	*	1,131	73.6
1 or 2 times			202	13.4
3 to 9 times			95	6.2
10 to 19 times			45	2.9
20 to 39 times			24	1.4
40 or more times			39	2.4
Missing			2	

* Question was not asked in 1993.

Q50. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	1993		1995	
	N	%	N	%
0 times	1,969	97.3	1,478	96.5
1 or 2 times	27	1.5	18	1.1
3 to 9 times	8	0.4	13	1.0
10 to 19 times	6	0.3	11	0.8
20 to 39 times	1	0.0	4	0.2
40 or more times	11	0.5	9	0.5
Missing	8		5	

Q51. During your life, how many times have you used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin?

	1993		1995	
	N	%	N	%
0 times	1,653	81.5	1,233	79.6
1 or 2 times	146	7.2	89	6.1
3 to 9 times	88	4.4	66	4.7
10 to 19 times	54	2.7	38	2.4
20 to 39 times	32	1.7	34	2.3
40 or more times	51	2.6	76	4.9
Missing	6		2	

Q52. During your life, how many times have you used a needle to inject any illegal drug into your body?

	1993		1995	
	N	%	N	%
0 times	1,989	98.6	1,493	97.1
1 time	30*	1.4*	19	1.3
2 or more times			23	1.6
Missing	11		3	

Q53. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	1993		1995	
	N	%	N	%
Yes	608	29.8	509	34.5
No	1,416	70.2	1,026	65.5
Missing	6		3	

* Question did not discriminate between 1 time and 2 or more times in 1993.

Q54. Have you ever been taught about AIDS/HIV infection in school?

	1993		1995	
	N	%	N	%
Yes	1,666	82.0	1,338	86.8
No	220	10.8	105	7.3
Not sure	138	7.2	91	5.9
Missing	6		4	

Q55. Have you ever talked about AIDS/HIV infection with your parents or other adults in your family?

	1993		1995	
	N	%	N	%
Yes	1,385	68.4	1,027	67.5
No	555	27.6	423	27.2
Not sure	86	4.0	84	5.3
Missing	4		4	

Q56. Have you ever had sexual intercourse?

	1993		1995	
	N	%	N	%
Yes	1,101	58.4	836	56.4
No	875	41.6	669	43.6
Missing	54		33	

Q57. How old were you when you had sexual intercourse for the first time?

	1993		1995	
	N	%	N	%
Never had sexual intercourse	876	41.7	669	43.6
11 years old or younger	104	5.1	76	5.2
12 years old	88	4.6	67	4.5
13 years old	177	8.9	127	8.8
14 years old	284	14.4	195	13.1
15 years old	257	13.9	204	13.4
16 years old	144	8.5	115	7.7
17 years old or older	47	2.9	52	3.6
Missing	53		33	

Q58. During your life, with how many people have you had sexual intercourse?

	1993		1995	
	N	%	N	%
Never had sexual intercourse	876	41.7	669	43.7
1 person	308	16.0	250	16.6
2 people	216	11.3	133	9.3
3 people	150	8.1	107	7.4
4 people	104	5.6	69	4.7
5 people	70	3.6	62	3.8
6 or more people	254	13.8	213	14.5
Missing	52		35	

Q59. During the past 3 months, with how many people did you have sexual intercourse?

	1993		1995	
	N	%	N	%
Never had sexual intercourse	876	41.7	669	43.6
None during past 3 months	351	18.6	242	16.2
1 person	519	27.7	417	28.1
2 people	129	6.7	88	6.1
3 people	40	2.2	38	2.7
4 people	17	0.9	24	1.6
5 people	7	0.4	8	0.5
6 or more people	37	1.8	20	1.2
Missing	54		32	

Q60. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	1993		1995	
	N	%	N	%
Never had sexual intercourse	876	41.7	668	43.6
Yes	251	13.2	197	13.0
No	851	45.2	639	43.4
Missing	52		34	

Q61. The last time you had sexual intercourse, did you or your partner use a condom?

	1993		1995	
	N	%	N	%
Never had sexual intercourse	874	41.9	666	43.9
Yes	600	31.0	473	32.3
No	489	27.1	350	23.7
Missing	67		49	

Q62. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

	1993		1995	
	N	%	N	%
Never had sexual intercourse	874	42.2	668	44.2
No method was used	187	10.1	122	7.9
Birth control pills	158	8.9	113	7.8
Condoms	533	27.7	425	29.1
Withdrawal	143	8.0	109	8.0
Some other method	34	1.9	29	2.1
Not sure	23	1.3	15	1.0
Missing	78		57	

Q63. How many times have you been pregnant or gotten someone pregnant?

	1993		1995	
	N	%	N	%
0 times	1,799	88.6	1,372	90.4
1 time	138	7.6	91	6.0
2 or more times	41	2.1	35	2.2
Not sure	32	1.7	21	1.4
Missing	20		19	

Q64. How do you describe your weight?*

	1993		1995	
	N	%	N	%
Very underweight	62	3.2	29	1.6
Slightly underweight	333	16.9	234	15.4
About the right weight	988	48.6	854	56.4
Slightly overweight	545	27.0	374	23.7
Very overweight	91	4.4	47	2.8
Missing	11		0	

Q65. Which of the following are you trying to do about your weight?

	1993		1995	
	N	%	N	%
Lose weight	817	39.8	612	38.7
Gain weight	431	22.4	351	24.0
Stay the same weight	366	18.1	263	16.6
Not trying to do anything	406	19.8	312	20.7
Missing	10		0	

* Question was worded differently in 1993.

Q66. During the past 30 days, did you diet to lose weight or to keep from gaining weight?

	1993		1995	
	N	%	N	%
Yes	*	*	449	29.1
No			1,089	70.9
Missing			0	

Q67. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	1993		1995	
	N	%	N	%
Yes	*	*	800	51.5
No			735	48.5
Missing			3	

Q68. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	1993		1995	
	N	%	N	%
Yes	*	*	80	5.2
No			1,455	94.8
Missing			3	

Q69. During the past 30 days, did you take diet pills to lose weight or to keep from gaining weight?

	1993		1995	
	N	%	N	%
Yes	*	*	83	5.3
No			1,454	94.7
Missing			1	

*Question was not asked in 1993

Q70. Yesterday, how many times did you eat fruit?

	1993		1995	
	N	%	N	%
0 times	874	44.0	627	40.0
1 time	631	31.5	468	30.8
2 times	508*	24.5*	279	18.7
3 or more times	**	**	157	10.5
Missing	17		7	

Q71. Yesterday, how many times did you drink fruit juice?

	1993		1995	
	N	%	N	%
0 times	827	42.3	552	36.0
1 time	632	31.1	458	30.0
2 times	554*	26.6*	281	18.4
3 or more times	**	**	240	15.6
Missing	17		7	

Q72. Yesterday, how many times did you eat green salad?

	1993		1995	
	N	%	N	%
0 times	1,446	72.4	998	65.3
1 time	469	22.9	443	28.9
2 times	99*	4.7*	63	4.1
3 or more times	**	**	27	1.8
Missing	16		7	

Q73. Yesterday, how many times did you eat cooked vegetables?

	1993		1995	
	N	%	N	%
0 times	1,157	57.8	823	54.2
1 time	707	34.9	559	36.5
2 times	148*	7.2*	121	7.2
3 or more times	**	**	29	2.1
Missing	18		6	

* Response was "twice or more" in 1993.
** Response was not included in 1993.

Q74. Yesterday, how many times did you eat hamburger, hot dogs, or sausage?

	1993		1995	
	N	%	N	%
0 times	1,171	57.4	830	54.4
1 time	652	33.2	481	30.9
2 times	190*	9.4*	152	10.1
3 or more times	**	**	67	4.6
Missing	17		8	

Q75. Yesterday, how many times did you eat french fries or potato chips?

	1993		1995	
	N	%	N	%
0 times	974	48.6	659	41.9
1 time	848	42.1	668	44.6
2 times	190*	9.3*	145	9.4
3 or more times	**	**	60	4.1
Missing	18		6	

Q76. Yesterday, how many times did you cookies, doughnuts, pie, or cake?

	1993		1995	
	N	%	N	%
0 times	951	47.7	591	38.5
1 time	755	37.1	590	38.7
2 times	308*	15.2*	226	15.0
3 or more times	**	**	118	7.8
Missing	16		13	

Q77. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, fast dancing, swimming laps, tennis, fast bicycling or similar aerobic activities?

	1993		1995	
	N	%	N	%
0 days	261	13.5	194	12.2
1 day	143	7.3	131	8.6
2 days	217	10.9	134	9.2
3 days	216	11.1	183	12.8
4 days	188	9.3	147	9.5
5 days	336	15.9	235	15.4
6 days	164	8.0	154	8.8
7 days	491	24.1	351	23.4
Missing	14		9	

* Response was "twice or more" in 1993
** Response was not included in 1993

Q78. On how many of the past 7 days did you do stretching exercises, such as toe touching, knee bending, or leg stretching?

	1993		1995	
	N	%	N	%
0 days	537	27.9	375	24.4
1 day	176	8.7	146	10.0
2 days	201	10.3	161	10.8
3 days	204	9.9	178	11.8
4 days	144	7.0	126	8.2
5 days	281	13.6	209	13.2
6 days	120	5.9	97	5.9
7 days	351	16.7	238	15.6
Missing	16		8	

Q79. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	1993		1995	
	N	%	N	%
0 days	547	27.4	382	24.1
1 day	161	7.9	119	7.9
2 days	227	11.4	158	11.0
3 days	234	11.7	200	13.0
4 days	161	8.0	133	9.0
5 days	262	12.6	212	13.8
6 days	107	5.3	89	5.8
7 days	316	15.6	236	15.5
Missing	15		9	

Q80. On how many of the past 7 days did you walk or bicycle for at least 30 minutes at a time? (Include walking or bicycling to or from school.)

	1993		1995	
	N	%	N	%
0 days	703	35.8	535	33.9
1 day	224	10.9	203	13.1
2 days	202	9.9	185	12.3
3 days	184	9.0	154	10.7
4 days	115	5.5	65	4.2
5 days	212	10.1	124	8.2
6 days	67	3.4	48	3.2
7 days	308	15.4	216	14.4
Missing	15		8	

Q81. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	1993		1995	
	N	%	N	%
0 days	867	46.3	640	39.7
1 day	31	1.4	28	2.0
2 days	11	0.6	28	1.8
3 days	59	2.3	109	6.8
4 days	18	0.8	38	2.3
5 days	1,029	48.5	686	47.4
Missing	15		9	

Q82. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	1993		1995	
	N	%	N	%
Do not take PE	822	43.9	633	39.1
Less than 10 minutes	116	5.4	67	4.7
10 to 20 minutes	194	9.2	113	7.5
21 to 30 minutes	319	14.9	246	17.0
More than 30 minutes	564	26.6	473	31.7
Missing	15		6	

Q83. During the past 12 months, on how many sports teams run by your school, did you play?

	1993		1995	
	N	%	N	%
0 teams	1,138	57.0	802	54.2
1 team	449	22.6	372	24.1
2 teams	275	13.3	221	14.1
3 or more teams	147	7.1	135	7.6
Missing	21		8	

Q84. During the past 12 months, on how many sports teams run by organizations outside of your school, did you play?

	1993		1995	
	N	%	N	%
0 teams	1,256	63.0	961	61.7
1 team	481	23.6	358	24.2
2 teams	153	7.5	127	8.4
3 or more teams	121	5.9	86	5.7
Missing	19		6	

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Notes: